



# Resep Hidangan Sehat Alami Selera Indonesia Diet Sehat Golongan Darah B (Indonesian Edition)

*Wied Harry Apriadi*

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Wied Harry Apriadji

Sinopsis: Buku ini ditulis oleh Wied Harry Apriadji, seorang konsultan gizi dan masak sehat alami yang secara konsisten menjalankan terapi jus sejak 2000. Ia telah membuktikan bahwa terapi jus–tanpa minum obat-obatan–telah sukses membebaskannya dari gangguan hipertrigliserida (kadar lemak darah berlebihan) yang mengancam kesehatan jantungnya. DIET sehat golongan darah Dr. Peter J. D’Adamo telah terbukti dapat menolong ribuan orang di seluruh dunia untuk mendapatkan tubuh langsing dan sehat. Buku ini dirancang khusus untuk penduduk Indonesia, karena menyajikan menu sehat alami selera Indonesia. Bahan yang digunakan dalam resep merupakan bahan makanan lokal yang mudah diperoleh di pasar tradisional dan pasar swalayan populer. Dilengkapi bahan makanan pengganti bila Anda tak berhasil menemukan bahan utama, sehingga mempermudah Anda menerapkan diet sehat sesuai golongan darah. Karena itu, buku ini akan sangat membantu Anda meraih sukses memperoleh tubuh langsing dan sehat tanpa rasa lapar!

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