



El Poder del alimento (Spanish Edition)

Boris Chamás

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Es hora de conocer por qué la alimentación moderna, es la causa de la gran mayoría de enfermedades que nos aquejan, y cómo puede evitar dolencias y medicamentos simplemente escogiendo bien con qué alimenta su cuerpo. Conozca el resultado de las investigaciones más avanzadas sobre la relación entre nutrición y salud, y resuelva los dilemas más frecuentes: ¿la leche es saludable?, ¿cuánta proteína necesito?, ¿es mejor comer carne o ser vegetariano?, ¿qué ocurre con el trigo?, ¿cómo afectan el azúcar y los colorantes mi salud?

Con un amplio soporte científico hoy se relacionan los efectos de la comida actual sobre la salud. El poder del alimento pone a su alcance esta información, muchas veces oculta o disfrazada, acerca de la incidencia de los hábitos alimenticios y el estilo de vida en nuestra salud.

Con una detallada lista de la comida que nos enferma y aquella que nos beneficia, una sección de recetas saludables más un detallado plan de desintoxicación y alimentación, este libro es la guía definitiva para aprender a cuidar su cuerpo y tener una vida larga y sana.

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