

# Leggere Detox Quotidiano Ebook Gratuito PDF/EPUB/mobi - Ivy Moscucci



**leggere Detox quotidiano Ebook gratuito PDF/EPUB/mobi Ivy Moscucci** , Non la solita dieta detox che vi promette di perdere venti chili in venti giorni, ma un percorso alimentare di disintossicazione dolce, graduale e duraturo, verso un'alimentazione naturale e nutriente; un metodo incentrato sulla persona. La diffusione di allergie e intolleranze alimentari dimostra i danni dovuti al consumo di alimenti industriali raffinati: ecco perché qui non troverete glutine, latticini, zucchero bianco raffinato e nemmeno soia e mais. Eliminando queste categorie di alimenti, darete al vostro organismo la possibilità di recuperare, riposare e ripartire. Imparerete, inoltre, a leggere le etichette, a crearvi un piccolo diario personale, a organizzarvi quando fate la spesa, quando mangiate fuori, quando lavorate. Capirete come preparare la dispensa e ripulire la cucina da contenitori tossici e alimenti altamente raffinati. Scoprirete come preparare ricette salutari, rispettose della stagionalità degli ingredienti e pratiche: tanti piatti unici che combinano proteine, carboidrati, grassi buoni e verdure prevalentemente

crude, oltre a frullati verdi, zuppe confortanti, tisane e bevande dissetanti e remineralizzanti, pane e sostituti, superalimenti da coltivare in casa, salsine golose e probiotici. Per ogni ricetta sono riportati i valori nutrizionali e il carico glicemico, oltre alle caratteristiche: paleo, vegana, vegetariana, senza frutta secca oleosa e senza uova.

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