

# Leggere Gli Indici Glicemici EBook Gratuito PDF/EPUB/mobi - Michel Montignac



**leggere Gli indici glicemici EBook gratuito PDF/EPUB/mobi Michel Montignac** , Per dimagrire la qualità degli alimenti conta quanto se non più della loro quantità. Per impedire la trasformazione in adipe dei nutrienti assunti con l'alimentazione e per favorire la mobilizzazione dei grassi accumulati, la scelta dei cibi giusti è fondamentale. È il fulcro del Metodo Montignac, dal nome del medico francese che per primo quasi venti anni fa ha introdotto l'Indice Glicemico nei programmi dimagranti, rivoluzionando l'approccio alla perdita di peso e, soprattutto, di massa grassa. Oltre a spiegare il concetto di Indice Glicemico e come l'impatto glicemico di ogni cibo influisca sul metabolismo, in questa terza edizione del libro sono presenti numerose ricette ed esempi di menu giornalieri articolati su quattro settimane, per imparare a dimagrire in modo intelligente e duraturo. Come sempre in fondo al volume la tabella con gli Indici glicemici degli alimenti.

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