

Leggere I Magnifici 20 Ebook Gratuito PDF/EPUB/mobi - Marco Bianchi



leggere I magnifici 20 Ebook gratuito PDF/EPUB/mobi Marco Bianchi , Che una buona alimentazione sia fondamentale per la salute lo si sa da sempre; in che misura lo sia, e perché, è oggetto e patrimonio della ricerca scientifica, i cui risultati trovano oggi sempre maggiore risonanza nei media e rispondenza nella sensibilità delle persone. Con gli alimenti si può non solo fare prevenzione ma persino curare, nel senso etimologico del «prendersi cura»; è questo il campo di una nuova disciplina, la «nutraceutica», in cui s'incontrano «nutrizione» e «farmaceutica». Scritto da un ricercatore che da anni studia l'impatto delle diverse sostanze sulle nostre cellule, questo libro risponde alla domanda fondamentale di chiunque si avvicini al tema «alimentazione e salute»: Quali sono gli alimenti che «curano» di più e meglio? Ecco allora i Magnifici 20, famiglie tanto assortite quanto ricche di virtù, che si tratti di vitamine, minerali, acidi grassi... ma generose anche di colori, sapori, profumi e consistenze. E siccome, oltre a essere uno scienziato, il nostro autore è appassionato di cucina e instancabile sperimentatore tra i fornelli,

scopriremo che i Magnifici 20 non sono «buoni» solo perché fanno bene: diventano cibi, e si trasformano in bontà.

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