

Leggere La Paleo Dieta EBook Gratuito PDF/EPUB/mobi - Robb Wolf



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leggere La paleo dieta EBook gratuito PDF/EPUB/mobi Robb Wolf , I principi della paleo dieta si basano sull'alimentazione delle origini, fondendo le abitudini alimentari degli uomini del Paleolitico con le più recenti scoperte della genetica, della biochimica e dell'immunologia. Il risultato è una dieta che non solo aiuta a perdere peso, ma fa sentire più in forma e dinamici, riducendo il rischio di malattie legate a un'alimentazione sbagliata e innaturale. Non il solito manuale per dimagrire, ma un libro utile che insegna a stare bene e fare attenzione alla qualità del cibo. Robb Wolf, un biochimico che è diventato uno degli allenatori più famosi del mondo, ci insegna come semplici accorgimenti nell'alimentazione, nell'esercizio fisico e nello stile di vita possano migliorare radicalmente il nostro aspetto, la nostra salute e la nostra longevità. Wolf spiega tutto questo ricorrendo a grandi dosi di humour e intraprendendo insieme al lettore un emozionante viaggio alla scoperta del funzionamento del corpo umano. Un programma alimentare di 30 giorni, facile da seguire e corredato di deliziose e rapide

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