

Leggere La Zona Italiana EBook Gratuito PDF/EPUB/mobi - Gigliola Braga



leggere La Zona italiana EBook gratuito PDF/EPUB/mobi Gigliola Braga , La Zona è l'unico regime alimentare realmente salutare ed efficace. Questo è l'adattamento di una biologa italiana, che ha studiato il metodo negli Stati Uniti e lo ha adeguato ai nostri gusti e tradizioni e persino alla nostra... pigrizia. La Zona è un vero e proprio stile di vita, un portentoso programma di educazione alimentare per stare meglio in modo duraturo, riconquistare energie fisiche mentali e sessuali, combattere e prevenire importanti patologie (tra le quali l'ipertensione, le malattie cardiovascolari, il diabete e la depressione) e che infine, come graditissimo effetto "secondario", ci consentirà di dimagrire in maniera stabile. La ricerca medica ha identificato nel controllo dell'insulina, l'ormone che "ordina" al nostro organismo di stivare il grasso in eccesso, uno dei "segreti" della nostra salute. Soltanto nutrendoci correttamente possiamo stimolare il corpo a bruciare, da solo, i grassi senza dover ricorrere a medicine costose (qualche volta pericolose) o a diete da fame. Saremo liberi, così, dall'ossessionante calcolo delle calorie o dai sensi di colpa per i sacrifici che ci

imponiamo ma non riusciamo a rispettare. Basterà imparare a riconoscere i cibi, catalogarli nelle tre grandi categorie di carboidrati, grassi e proteine e distribuirli nelle proporzioni e nei tempi adeguati. Sarà sufficiente provare la Zona una sola settimana per scoprire che funziona davvero, che è un regime flessibile ed estremamente facile da applicare in casa, al ristorante, ovunque.

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