

# Leggere La Zona Mediterranea Ebook Gratuito PDF/EPUB/mobi - Daniela Morandi & Barry Sears



leggere La zona mediterranea Ebook gratuito PDF/EPUB/mobi Daniela Morandi & Barry Sears , «Spesso la Zona è considerata soltanto una dieta dimagrante. In realtà è una strategia alimentare che mira alla salute globale e al benessere degli individui. Può anche aiutare gli atleti a essere più efficienti dal punto di vista fisico e mentale. Sono ormai molte, del resto, le medaglie d'oro olimpiche vinte da atleti e le squadre di calcio professionistiche che mangiano secondo le regole della Zona. In questo ebook Barry Sears spiega come la Zona si possa sposare alla dieta mediterranea, non quella falsa (ricca di pasta, pizza e pane), ma quella vera, quella di cui parlò Ancel Keys oltre sessant'anni fa, a base di pesce (ricco di acidi grassi omega 3) e alimenti in cui abbondavano i polifenoli: la verdura, la frutta, l'olio extravergine d'oliva e, in modiche quantità, il vino rosso. Un modo di alimentarsi gustoso e, al tempo stesso, sano.» Professor Enrico Arcelli, MD, Università degli Studi di Milano

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