

# Leggere Magri Per Sempre Ebook Gratuito PDF/EPUB/mobi - Barry Sears



**leggere Magri per sempre Ebook gratuito PDF/EPUB/mobi Barry Sears** , Barry Sears, ideatore della Zona, il famoso programma alimentare che ha conquistato milioni di persone in tutto il mondo, affronta in questo libro rivoluzionario il problema della diffusione del sovrappeso e dell'obesità, una vera e propria epidemia, dimostrando che gli ormoni prodotti da determinati cibi hanno un effetto nocivo sui nostri geni. I risultati non sono solo i chili in eccesso ma anche un abbassamento generale del livello di salute e di benessere. Usando il cibo come una medicina e non solo come fonte di calorie possiamo, se non cambiare i nostri geni, almeno modificare la loro espressione, attraverso il programma alimentare messo a punto da Sears, che combina una dieta antinfiammatoria (la Zona) con dosi elevate di olio di pesce (i famosi omega 3, i grassi buoni). In quanto tempo comincerà il cambiamento? In meno di trenta giorni vedrete i primi risultati concreti sia nei vostri esami del sangue, sia nel modo in cui vi sentirete gli abiti addosso. Le ricette, facili,

gustose e per tutta la famiglia, sono state messe a punto dalla nutrizionista Daniela Morandi, alcune in collaborazione con quattro grandi chef. Mangiando nel momento giusto la giusta combinazione di cibi riprenderete in mano le redini della vostra salute e contrasterete per sempre il sovrappeso.

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