

Leggere Prevenire i Tumori Mangiando Con Gusto EBook Gratuito PDF/EPUB/mobi - Anna Villarini & Giovanni Allegro



leggere Prevenire i tumori mangiando con gusto EBook gratuito PDF/EPUB/mobi Anna Villarini & Giovanni Allegro , Coordinato dal dottor Franco Berrino dell'Istituto Nazionale dei Tumori di Milano, DIANA è il Progetto che dal 1995 studia le relazioni tra alimentazione e tumore al seno e che ha coinvolto migliaia di donne in tutta Italia. Il libro, basato sui risultati di questo importantissimo studio, spiega come, modificando la propria dieta, sia possibile ridurre i fattori di rischio del tumore e delle recidive e, in caso di malattia, alleviare gli effetti collaterali delle terapie aumentandone l'efficacia. Questo stile di vita alimentare combatte il sovrappeso senza dover contare le calorie, aiuta a prevenire l'osteoporosi, il diabete, l'ipertensione, l'anemia, gli alti tassi di colesterolo e di trigliceridi. Anna Villarini, ricercatrice dell'Istituto dei Tumori, e lo chef Giovanni Allegro, che da anni tiene corsi di alimentazione presso la Cascina Rosa, la scuola di cucina dello stesso Istituto, ci aiutano ad abbandonare le abitudini nocive, a fare la spesa in modo più consapevole, a leggere le etichette, a scegliere cibi,

cotture e conservazioni più salutari. Il risultato: tante ricette facili e appetitose per comporre menù vari e sfiziosi, adatti a tutta la famiglia. Un approccio incentrato sulla nostra risorsa più potente: noi stessi e la capacità di diventare protagonisti della nostra salute.

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