



Come alimentarsi per Acquistare salute (Italian Edition)

Gianni Serafini

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Questo libretto è dedicato a chi vuole alimentarsi con gusto rispettando i dettami naturali e biologici. Sappiamo benissimo che l'alimentazione è alla base del nostro benessere , per questo abbiamo selezionato con l'ausilio di dietologi , medici , e i più famosi nutrizionisti i cibi che più ci danneggiano assumendoli e quelli invece che se ce ne cibiamo ci portano benessere.

Imparare su come alimentarsi bene è fondamentale se si vuole vivere una vita sana ed equilibrata .

Il manuale si ispira maggiormente a diete igieniste , ritenute tra le più valide in assoluto , per tornare a vivere quella vita naturale che tanto sogniamo.

Con questo manuale non vogliamo assolutamente sostituirci alla medicina tradizionale , ma puntiamo ad un graduale passaggio da una vita stressante e piena di veleni (medicinali) ad una vita più naturale, e ricordiamoci un corpo sano sa combattere da solo le malattie senza bisogno di farmaci

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