



DOWNLOAD



La dieta per vivere 100 anni. Alimenti e ricette per la longevità e la salute.

By Cusani, Maurizio Trenchi, Cinzia

RED Edizioni, 2011. Book Condition: new. Milano, 2011; br., pp. 96, ill., cm 16,5x21. (Economici di qualità). Un'alimentazione corretta è il primo passo per vivere a lungo e in salute. È stato dimostrato infatti che il segreto per vivere 100 anni è da ricercare nello stile di vita e nelle abitudini alimentari. Le ricette di questo libro sono ispirate alle 10 regole d'oro della longevità: scegliere frutta e verdura di stagione; mangiare cibi semplici, con poco sale e zucchero; evitare coloranti e conservanti; preferire i cereali integrali; consumare vegetali in abbondanza; mangiare poca carne; aumentare il consumo di pesce; mangiare regolarmente cibi 'vivi' come germogli e yogurt; bere molta acqua e bevande naturali; misurare il condimento. Le 40 ricette, 4 per ogni punto, sono accompagnate da un breve testo che ne illustra le proprietà terapeutiche e antinvecchiamento.



READ ONLINE

[8.22 MB]

Reviews

Merely no words and phrases to describe. I am quite late in start reading this one, but better then never. I found out this ebook from my i and dad encouraged this pdf to find out.

-- **Hyman Auer**

I actually started out looking over this publication. It can be writter in easy phrases and never difficult to understand. Your lifestyle span will probably be transform as soon as you comprehensive looking over this ebook.

-- **Prof. Dayne Crist Sr.**

Related PDFs



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (3-5 years) Intermediate (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



TJ new concept of the Preschool Quality Education Engineering the daily learning book of: new happy learning young children (2-4 years old) in small classes (3)(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2005-09-01 Publisher: Chinese children before making Reading: All books are the Youth Pre-employment Training software download generated pictures...



Play Baby by Disney Book Group Staff and Susan Amerikaner 2011 Board Book

Book Condition: Brand New. Book Condition: Brand New.



The Story of Easter [Board book] [Feb 01, 2011] Patricia A. Pingry and Rebecc.

No Binding. Book Condition: New. Brand New, Unread Book in Excellent Condition with Minimal Shelf-Wear, \$AVE! FAST SHIPPING W/ FREE TRACKING!!!



Business Hall of (spot). The network interactive children's encyclopedia graded reading series: deep sea monster (D grade suitable for(Chinese Edition)

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment.Paperback. Pub Date :2006-09-01 Pages: 32 Publisher: The Commercial Press beat Reading: All books are the Youth Pre-employment Training software download...



The Low GI Shopper's Guide to GI Values 2011: The Authoritative Source of Glycemic Index Values for 1200 Foods

Da Capo Lifelong Books. Mass Market Paperback. Book Condition: New. New, unread, and unused.