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## Lo Mejor Que Puedes Comer / The Best Things You Can Eat (Paperback)

By David Grotto

DEBOLSILLO, 2017. Paperback. Condition: New. Language: Spanish . Brand New Book. A partir de los últimos hallazgos científicos, el doctor David Grotto nos ofrece en Lo mejor que puedes comer un compendio irresistible de sabiduría nutricional. Este manual pone un alimento frente a otro y revela resultados sorprendentes que transformarían por completo tu dieta. Por ejemplo: - La guayaba y el pimiento rojo son las mejores fuentes de vitamina C. - El aceite de oliva ofrece la mejor protección contra el envejecimiento gracias a sus propiedades fenólicas. - Eliminar el mal aliento es tan sencillo como consumir cerezas, leche o té verde. - Comer ajo cotidianamente estimula la capacidad de disolver coágulos que bloquean las arterias, los cuales pueden provocar infartos. Con diversas listas que enumeran los mejores alimentos en distintas categorías --combatir la gripa, bajar el colesterol, consumir más fibra o controlar el azúcar en la sangre-- y un sinfín de consejos prácticos, este libro se convertirá en tu enciclopedia de salud. ENGLISH DESCRIPTION> If you've always wondered what foods to turn to when you need more fiber in your diet or which foods you can count on when you've got an upset stomach, The Best Things...


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