



Vitaminas, Minerales y Salud Optima: Recomendaciones Para Evitar La Enfermedad Basadas En La Ciencia, No En El Marketing (Paperback)

By Maria I Tapia

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: Spanish . Brand New Book ***** Print on Demand *****.Un pequeño oasis entre el árido territorio de tantas dietas milagro y/o de moda, promesas falsas y estudios rigurosos Para mantener una buena salud debes proporcionar a tu cuerpo más de 30 vitaminas, minerales y otros compuestos que este no puede fabricar. Tomas suficiente cantidad de todos ellos? Muchos expertos consideran que no. Su teoría es que la dieta típica de las sociedades modernas, deficitaria en ciertos minerales y vitaminas, podría estar relacionada con la gran prevalencia de algunas enfermedades crónicas actuales. Pero es cierto? - Las carencias o déficits de estos nutrientes nos pueden hacer enfermar? - En qué casos deberíamos recurrir a los suplementos multivitamínicos? La autora aborda estas cuestiones, basándose en las novedades proporcionadas por la ciencia. Te dará las claves para conseguir las cantidades adecuadas de vitaminas y minerales y optimizar tu salud. Aprenderás: - En qué se diferencian las vitaminas y los minerales - Qué vitaminas deben ser reemplazadas cada pocos días y cuáles tu cuerpo puede almacenar y liberar a medida que las necesitas - Por qué hay un debate sobre las cantidades recomendadas y...



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