

Ler Livro Online A Dieta Da Mente Dr. David Perlmutter



Faça o download ou leia online A dieta da mente Dr. David Perlmutter , Prepare-se para descobrir a verdade sobre os efeitos do trigo, do açúcar e dos carboidratos sobre o seu cérebro.

Em A dieta da mente, David Perlmutter apresenta uma descoberta que há muito tempo tem sido escondida pela literatura médica: os carboidratos podem destruir seu cérebro. Até mesmo aqueles considerados "saudáveis", como os grãos integrais, podem causar demência, déficit de atenção, epilepsia, ansiedade, enxaquecas, depressão, redução da libido e muito mais. Inovador e oportuno, A dieta da mente mostra que o destino do seu cérebro não está na sua genética. Está naquilo que você come. Misturando pesquisas de ponta e histórias reais de transformação, David Perlmutter explica por que uma dieta rica em "gorduras boas" é ideal para o corpo e poderá fazê-lo emagrecer sem voltar a engordar.

O revolucionário programa de quatro semanas proposto neste livro aponta o caminho para se manter o cérebro saudável, vibrante e aguçado - sem medicamentos. Com recomendações fáceis de seguir, receitas deliciosas e metas semanais, o plano de ação de Perlmutter prova que você pode assumir o controle de seus genes, recuperar o bem-estar e manter a saúde e a vitalidade por toda a vida.

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