

Ler Livro Online **Comer Para Não Morrer** **Michael Greger & Gene Stone**



Faça o download ou leia online **Comer para não morrer Michael Greger & Gene Stone , Um guia do poder dos alimentos que vai garantir saúde e bem-estar ao lado de sua família e amigos por muitos e muitos anos**

Infecções, diabetes, depressão, cardiopatias. Seja qual for a doença, a rotina é a mesma: após exames e consultas, a maioria dos médicos se restringe a receitar um remédio ao paciente. Tratamentos alternativos não são mencionados, e medicina preventiva parece uma realidade distante. O resultado é que milhares de vidas são perdidas prematuramente em virtude de doenças que poderiam ter sido evitadas ou revertidas. Mas não precisa ser assim.

Escrito pelo médico Michael Greger, *Comer para não morrer* trata de um estilo de alimentação capaz de prevenir, controlar e até reverter muitas das principais causas de morte da atualidade: a dieta à base de vegetais — ou plant-based diet, como é conhecida pelos especialistas. Com uma linguagem clara e ferramentas práticas que nos indicam o que comer,

quando e em que quantidade, o livro se fundamenta em estudos acadêmicos para desmistificar a ciência por trás dessa forma de nutrição revolucionária e mostra que adotá-la está longe de ser um bicho de sete cabeças.

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