

La Paradoja Vegetal Gratis

Xiang Xie

La paradoja vegetal Steven R. Gundry, 2017-11-14 «No es muy común que un libro sobre salud y nutrición introduzca conceptos realmente novedosos, y es aún más raro que los respalde con sólidos datos científicos y pruebas clínicas, pero este hace precisamente eso». Esta es sólo una de las críticas venidas de la mano de expertos nutricionistas que ha suscitado La paradoja vegetal, best seller en Estados Unidos y número 1 en Amazon. La mayoría de nosotros ha oído hablar de los efectos nocivos del gluten, ¿pero habremos desentendido lo que constituye la verdadera raíz del problema? El prestigioso cardiólogo y cirujano cardiovascular Steve Gundry explica que el gluten no es más que una de las variedades de las lectinas, unas proteínas potencialmente tóxicas que provocan aumento de peso y graves trastornos de salud y que se encuentran en los alimentos «sin gluten» que la mayoría de las personas consideran saludables. Este manual ofrece un cambio de paradigma en la forma en que pensamos en los alimentos supuestamente beneficiosos para el organismo como ciertas frutas, verduras y legumbres. En este libro el doctor Gundry comparte su programa terapéutico, clínicamente contrastado, con lectores de todo el mundo.

Intestino en forma Gundry, Dr. Steven R., 2024-10-07

Aunque parezca increíble, estamos a merced de cientos de billones de organismos unicelulares que ejercen un control sobre cada aspecto del funcionamiento de nuestra mente y nuestro cuerpo. Se trata de las diversas especies de microbios que viven en el intestino, la boca y piel, que trabajan sinérgicamente para comunicarse entre sí y con cada sistema de nuestro cuerpo. Eres el hogar de tu microbiota, y quiere cuidar de ti, pero primero debes protegerla.

En *Intestino en forma*, el Dr. Steven Gundry revela la ciencia emergente que demuestra que Hipócrates tenía razón: todas las enfermedades comienzan en el intestino. Cuando nuestro microbioma está desequilibrado, ello tiene un impacto en nuestro sistema inmunitario, nuestros niveles hormonales, nuestra salud mental y nuestra longevidad; también en el riesgo que tenemos de sufrir enfermedades autoinmunes, cardíacas y neurodegenerativas, así como diabetes y cáncer. Sin embargo, no todo está perdido: las enfermedades también pueden curarse en el intestino si elegimos tratar bien a nuestros microbios.

En esta obra El Dr. Gundry nos enseña cómo hacerlo. *Intestino en forma* nos muestra el ecosistema increíblemente complejo e inteligente que controla nuestra salud y nos enseña cómo sanar el intestino con el fin de evitar y revertir la enfermedad.

DESCIFRANDO EL CÓDIGO KETO Dr. R. Gundry, Steven, 2023-02-06

En el curso de sus investigaciones, el doctor *Steven Gundry*, autor de varios best sellers sobre nutrición, descubrió la razón del éxito relativo de las dietas keto o cetogénicas: las cetonas no son una fuente de combustible «mágica», como se creía, sino que su gran propiedad es que fomentan el desacoplamiento mitocondrial, el cual había que poner en el centro de la ecuación. *Gundry* elaboró una propuesta alimentaria a partir de ahí, que ha tenido un gran éxito entre sus pacientes y reúne ahora en este volumen. Se trata del programa Código Keto, que aporta equilibrio y flexibilidad al enfoque keto tradicional.

La base del programa Código Keto es la distinción entre los tipos de alimentos que favorecen el desacoplamiento mitocondrial y los que no lo hacen; por otra parte, también es muy importante adoptar cierto tipo de ayuno intermitente. Dentro de este marco, que es flexible, no es necesario contar calorías, medir los porcentajes de macronutrientes ni llevar una alimentación alta en grasas.

Este libro es para todas las personas que han probado a llevar una dieta cetogénica sin éxito, para los vegetarianos y veganos que quieren adoptar el enfoque keto, y para cualquiera que quiera perder peso y disfrutar de una mejor salud sin renunciar a una amplia variedad de alimentos. Con sus listas de alimentos, trucos y recetas, El código keto posibilitará que, por primera vez, te resulte fácil y agradable llevar una dieta de tipo cetogénico.

Resumen Completo: La Paradoja Vegetal (The Plant Paradox) - Basado En El Libro De Steven Gundry Libros Maestros, 2020

Mundo ,1908

Atlántida ,1924

El hogar ,1922

Nuevo mundo ,1909

Mundo hispánico ,1925

Plantas medicinales Paul Hersch Martínez, 2000

Semana ,1954

Negocios y bancos ,1974

Cromos ,1966

El Comercio Periodico independiente ,1905

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La Paradoja Vegetal Gratis Introduction

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