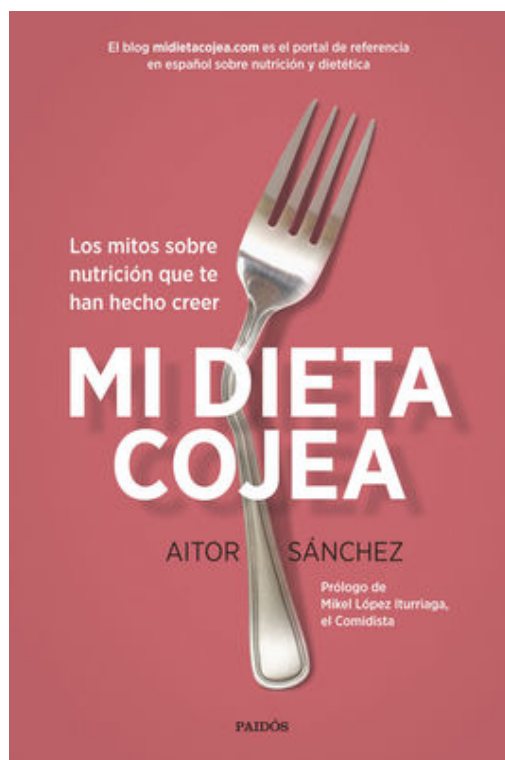


Descargar libros Mi dieta cojea gratis (PDF | ePub | Mobi) Aitor Sánchez García DG Media



Quién no ha oído, y repetido, muchas veces frases como «La grasa engorda», «Para adelgazar debemos tomar menos calorías», «Desayunar es obligatorio para llevar una dieta saludable» o «Los huevos suben el colesterol».

En Mi dieta cojea, Aitor Sánchez desmonta muchos de los mitos relacionados con la alimentación y nos explica qué verdades y mentiras se esconden detrás de muchas creencias que suelen provenir de la falta de información rigurosa, la manipulación de los mensajes publicitarios por parte de la industria alimentaria e incluso de los dogmas sociales.

El principal objetivo es que el lector pueda desarrollar una conciencia crítica y profundizar en el aprendizaje de los principales conceptos de lo que debe ser una alimentación saludable.

Title	:	Mi dieta cojea
Author	:	Aitor Sánchez García
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