



## Gli alleati per la salute. Stomaco, fegato, intestino. Impara a prendertene cura.

By Ricca Rosellini, Salvatore

Edizioni L'Età dell'Acquario, 2013. Book Condition: new. Torino, 2013; br., pp. 266, cm 14,5x21,5. (Salute&Benessere). Gastriti, ulcere, coliche biliari, reflusso esofageo, steatosi epatica, epatite, cirrosi. E ancora: gonfiore addominale, diverticolosi, colite ulcerosa, intolleranze alimentari, celiachia, malattia di Crohn e molto altro. I disturbi digestivi e dell'apparato gastroenterico sono frequenti e fastidiosi e sempre più spesso portano i pazienti a cercare rimedio nei medicinali. Un'alimentazione sana, ricca di verdure, di frutta e di fibre, ma povera di zuccheri, di proteine e di grassi d'origine animale, potrebbe, invece, prevenire e risolvere una gran parte di questi problemi, riducendo anche il rischio di malattie cardiovascolari, diabete e tumori. In questo suo nuovo libro, Salvatore Ricca Rosellini ci invita ad analizzare (anche attraverso alcuni semplici quiz) il nostro modo di mangiare, la qualità dei cibi che consumiamo, le nostre funzioni intestinali e il nostro livello di benessere. Quindi ci suggerisce gli schemi alimentari più adatti alla nostra situazione. Non manca poi un utile approfondimento sul ruolo delle piante nella cura dei principali disturbi digestivi e del fegato. Impariamo cosa e come mangiare e ritroveremo il piacere di una forma perfetta.



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