



Cómo dejar de comer (mal) (Spanish Edition)

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Concebido como continuación de *La panza es primero*, este libro de entrada plantea una pregunta: ¿Cómo es posible que los médicos no estudien a fondo lo que comemos, siendo la alimentación lo más importante para la salud?

Y responde: porque la "ciencia médica" occidental está más interesada en "curar" las enfermedades que en evitarlas. Rius nos receta un completísimo curso para principiantes en la ciencia del buen comer, enfatiza los beneficios de una dieta balanceada y hace recomendaciones para ponerla en práctica.

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