



La última dieta: Saber para comer (Spanish Edition)

Dr. Lucio Tennina

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Sufrir de sobrepeso es uno de los mayores motivos de desvelo de hombres y mujeres. Mirarse al espejo y no gustarse genera frustración.

Pero restringir el menú también produce insatisfacción. La cadena es la siguiente: ansiedad-ingesta-culpa. Sin embargo, la solución a este problema no es difícil.

La clave se reduce a saber para comer. En este libro, el doctor Lucio Tennina revierte una creencia arcaica: no somos culpables ni adictos a lo que comemos, sino que hay alimentos descontrolantes y adictivos. Reconocerlos y apartarlos de nuestra dieta es el primer paso para adelgazar. Una comida adecuada respeta las leyes de la naturaleza, nos mantiene sanos y con un peso estable. Da energía, sostén y, sobre todo, salud al organismo.

«La última dieta» nos advierte sobre los alimentos prohibidos y los necesarios. Nos hace recuperar la lucidez e inteligencia que la mala comida nos hace perder. Nos invita a reeducar las nociones aprendidas acerca de lo que comemos y cocinamos. Y nos ofrece 100 recetas para adelgazar comiendo rico y sano.

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