



Lo Que Dice La Ciencia Sobre Dietas, Alimentacion y Salud (Spanish Edition)

Luis Jimenez

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There are so many diets out there that how does anyone know which one to choose? This book answers 75 questions regarding the different plans from a scientific point of view. They include what is a balanced diet, does eating more often speed up metabolism, does eating meat lead to diabetes and cardiovascular disease, and do supplements improve athletic performance?

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