

Télécharger Livres Gratuit Good Calories, Bad Calories (PDF | ePub | Mobi) Gary Taubes download-free



For decades we have been taught that fat is bad for us, carbohydrates better, and that the key to a healthy weight is eating less and exercising more. Yet despite this advice, we have seen unprecedented epidemics of obesity and diabetes. Taubes argues that the problem lies in refined carbohydrates, like white flour, easily digested starches, and sugars, and that the key to good health is the kind of calories we take in, not the number. Called "a very important book," by Andrew Weil and ..." destined to change the way we think about food," by Michael Pollan, this groundbreaking book by award-winning science writer Gary Taubes shows us that almost everything we believe about the nature of a healthy diet is wrong.

Don't miss Gary Taubes's latest book, *The Case Against Sugar*, available now.

Title	:	Good Calories, Bad Calories
Author	:	Gary Taubes
Catégorie	:	Régime et nutrition
Sortie	:	25 sept. 2007
Éditeur	:	Knopf Doubleday Publishing Group
Pages	:	640
Langue	:	Anglais
File Size	:	3.39MB

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