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La dieta antiinflamatoria (MANUALES INTEGRAL) (Spanish Edition)

Santi Ávalos

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Cómo prevenir trastornos y aumentar nuestro vigor
La inflamación aguda merma nuestro vigor y plenitud y, si no se trata a tiempo, puede cronificarse y afectar a todos los rincones del cuerpo. Por ello cada vez más científicos la acusan de estar detrás de trastornos como la diabetes, el alzhéimer o el cáncer.
La alimentación es clave para prevenir y solucionar el problema. En *La dieta antiinflamatoria*, Santi Ávalos nos ofrece una guía holística, muy práctica y fácil de seguir, pensada para garantizar el suministro de nutrientes realmente necesarios y evitar ingerir sustancias que agreden al organismo.
Santi Ávalos nos explica qué son y qué nos aportan proteínas, grasas, hidratos, fibras, vitaminas, minerales y otras sustancias; en qué alimentos encontrarlos, cómo prepararlos y cómo consumirlos. Un compendio de recetas para cada día que promete un estado de bienestar y energía más allá del de la simple ausencia de enfermedad.

Santi Ávalos
Ha estado al frente de varios restaurantes vegetarianos de Barcelona como jefe de cocina desde 1990. Imparte talleres de cocina y ha colaborado de profesor en la Escuela Internacional de Hostelería de Copenhague Hotelog Restaurantskolen. Desde 1998 colabora en diferentes publicaciones con artículos sobre nutrición naturista y cocina vegetariana.

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