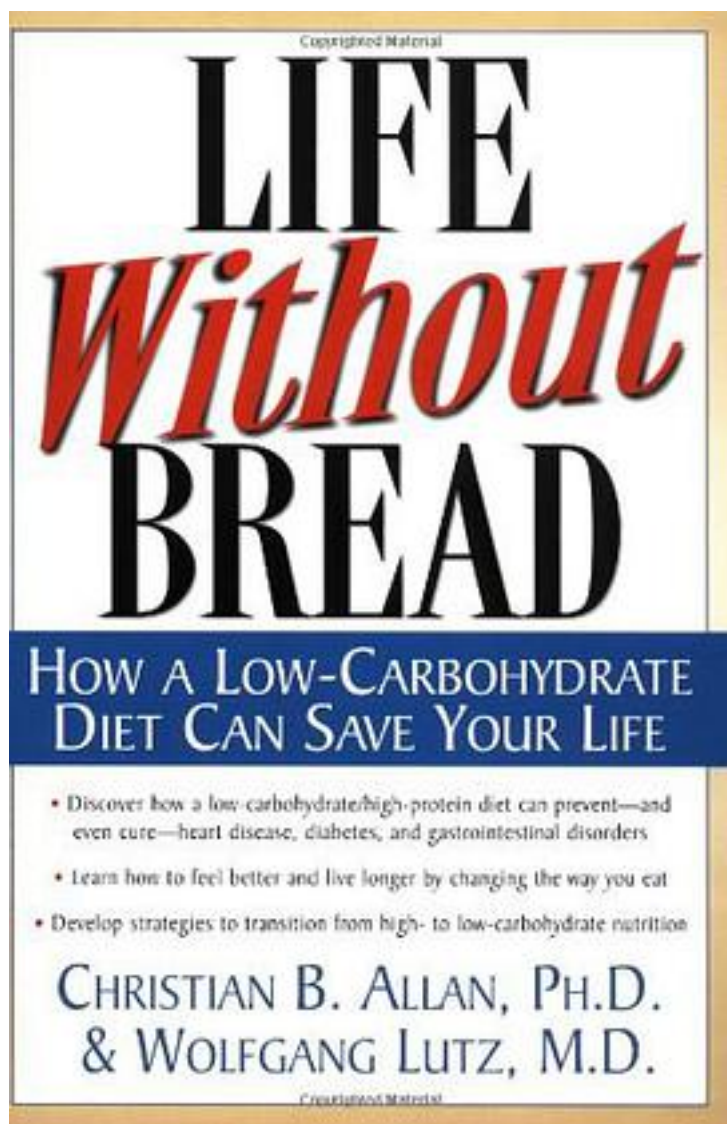


Life Without Bread



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著者:LUTZ

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Based on more than 40 years of clinical research, this illuminating book unravels the mysteries of nutrition and shows that changing the way we eat can help us feel better and live longer. It describes how a low-carbohydrate/high-protein diet can prevent cancer, diabetes, heart disease, and obesity, as well as increase strength, endurance, and muscle mass.

作者介绍:

目录:

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标签

营养学

评论

一天碳水不超过72克，蛋白质和脂肪吃到饱。虽然对这种“万能药方”持本能的怀疑态度。但书写的真不错，深入浅出，娓娓道来，普及了很多营养和生物学知识，澄清了市面上关于脂肪，素食，水果营养的流行看法，尤其从人类进化角度的解析营养摄入问题，非常精彩。

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书评

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