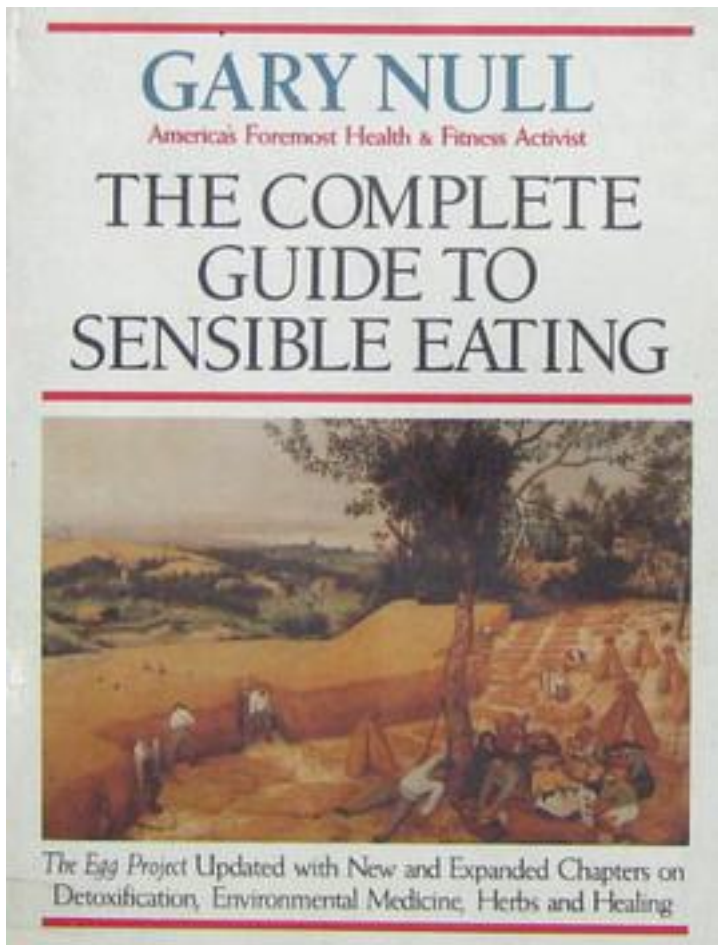


The Complete Guide to Sensible Eating



[The Complete Guide to Sensible Eating_ 下载链接1_](#)

著者:Gary Null

出版者:

出版时间:1991-2

装帧:

isbn:9780941423373

From Publishers Weekly "No one aspect of good nutrition can be applied in isolation; all must be considered together, " says prolific health writer Null (see review of Good Food, Good Mood above), who discusses here the combined importance of diet,

exercise and environmental factors. In a highly political introduction, Null faults agribusiness for the lack of nutrients in most food. Null discusses the basics of the six major nutrients: carbohydrates, fats, protein, vitamins, minerals and water, and educates readers on how to rid bodies of toxins, accumulated through chemical pollution and the ingestion of animal protein and foods containing allergens or chemical additives. Although intelligently written and informative, this controversial book will only attract readers already dedicated to alternative health practices. It proffers a rigorous detoxification and rebuilding program, with recipes and exercise and diet regimens sometimes supplemented by enemas and short-duration fasts. Copyright 1988 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title. From Library Journal Null believes that the egg is the perfect protein source, but he describes many nonmeat alternatives providing equal or greater amounts of protein. After a thorough explanation of food elements and their importance in maintaining health, he analyzes the benefits of vegetarianism. His discussion of food allergies provides insight into this widespread, often undiagnosed problem, and includes data on traditional and alternative testing and treatments. Null also examines exercise and nutrition. Although the book often strays far from the title topic, readers interested in nutrition and health should find it worthwhile. Andi Lyons, SUNY at Albany Copyright 1988 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

作者介绍:

目录:

[The Complete Guide to Sensible Eating_ 下载链接1](#)

标签

评论

[The Complete Guide to Sensible Eating_ 下载链接1](#)

书评

[The Complete Guide to Sensible Eating_下载链接1_](#)