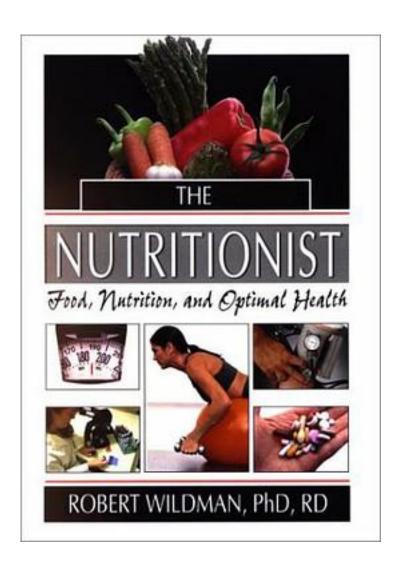
The Nutritionist



The Nutritionist_下载链接1_

著者:Wildman, Robert E.C.

出版者:

出版时间:2006-12

装帧:

isbn:9780789034236

Now in an updated and expanded new edition, "The Nutritionist: Food, Nutrition, and

Optimal Health, 2nd Edition", provides readers with vital information about how to simply but radically improve their daily lives with the science of nutrition, balance their diets to achieve more energy, and improve health and longevity. Complete with many informative and easy-to-read tables and charts, "The Nutritionist: Food, Nutrition, and Optimal Health, 2nd Edition", utilizes the findings of the latest biological and medical studies to give experts and non-experts alike a comprehensive account of the needs of our bodies and the ways that healthy eating can improve performance in day-to-day activities. Author Dr. Robert Wildman, renowned nutrition expert, debunks myths about carbohydrates, fat, and cholesterol, elucidates the role of water in nutrition, and clearly explains the facts of human anatomy and physiognomy, the process of digestion, and vitamin supplements. Complete with a practical and comprehensive guide to the nutrition information printed on the packaging of most food items, "The Nutritionist: Food, Nutrition, and Optimal Health, 2nd Edition" is a necessary and extremely useful nutrition resource for anyone interested in the science and practical benefits of good putrition.

nutrition.	
作者介绍:	
目录:	
The Nutritionist_下载链接1_	
标签	
评论	
 The Nutritionist_下载链接1_	
书评	

<u>The Nutritionist_下载链接1_</u>