

Il libro completo delle VITAMINE

Sarà perché esse sono diventate un elemento comune del nostro linguaggio quotidiano, sarà per quel "vita" che evoca immediatamente la loro indispensabilità, sarà per il crescente interesse nei confronti di una alimentazione sana ed equilibrata: è un fatto che l'esigenza di informazioni chiare e complete sulle vitamine è ogni giorno più pressante.

Il libro completo delle vitamine nasce da questa esigenza.

Non c'è parte del nostro organismo che sfugga a questi insostituibili tutori della salute: cosa sono, come funzionano, in quali alimenti occorre cercarli, e come orientarci nel complesso mondo degli integratori vitaminici, sono solo alcuni degli argomenti trattati dallo staff del *Prevention Magazine*, che offre, a tutti, la possibilità di affrontare quello che anche molti medici considerano "un tasto delicato".

Le vitamine rappresentano un'assicurazione contro molte malattie: un'assicurazione fra scienza e natura, la migliore che possiamo immaginare. Questo libro insegna a sottoscriverla in piena consapevolezza.

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Jerome I. Rodale



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