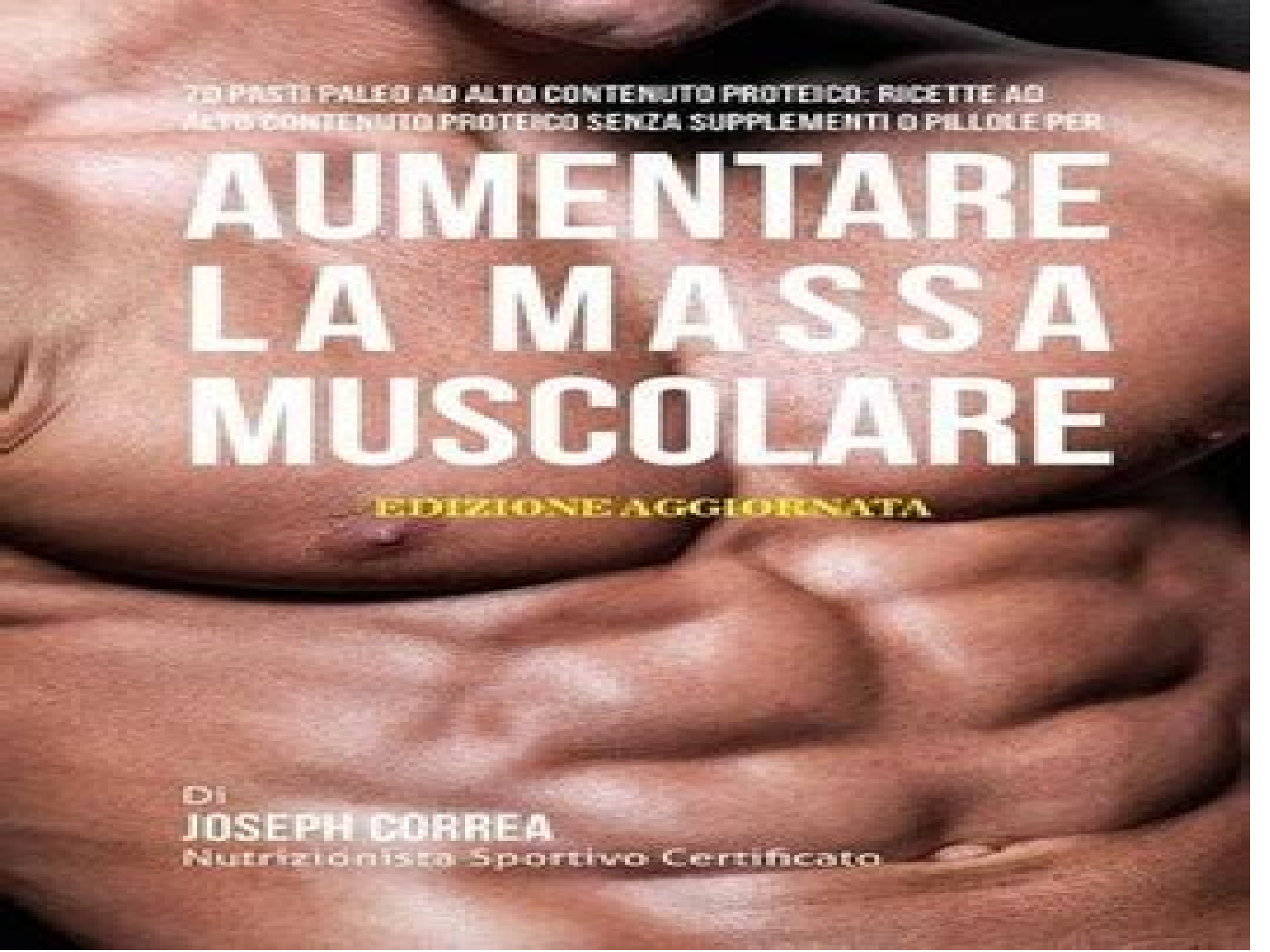




75 PASTI PALEO AD ALTO CONTENUTO PROTEICO: RICETTE AD
ALTO CONTENUTO PROTEICO SENZA SUPPLEMENTI O PILLOLE PER

AUMENTARE LA MASSA MUSCOLARE

EDIZIONE AGGIORNATA

DI

JOSEPH CORREA

Nutrizionista Sportivo Certificato

Pasti Paleo Alto Contenuto Proteico

Al Ghidini



Pasti Paleo Alto Contenuto Proteico:

RIEPILOGO - The Primal Blueprint / L'impronta primordiale : Riprogrammare i geni per una perdita di peso senza sforzo, una salute vibrante e un'energia senza limiti Di Mark Sisson Shortcut Edition, Leggendo questa sintesi scoprirete un modello comportamentale ispirato all'evoluzione intuitivo accessibile a tutti e basato su dieci leggi semplici e poco costose Scoprirete anche che potete controllare la vostra salute che avete gli strumenti per riprogrammare i vostri geni rimodellare il vostro fisico e godere di una vita lunga e sana come adattare il modello paleo ai vincoli della vostra vita quotidiana come diventare una macchina brucia grassi adattando la vostra dieta come ottimizzare il vostro programma di esercizio fisico come gestire lo stress attraverso il sonno e il gioco Il Modello Paleo si basa sullo stile di vita dei vostri lontani antenati che erano molto più sani di voi Infatti con la selezione naturale solo i più forti sopravvivevano Al contrario la longevità odierna è più legata ai progressi della scienza che a uno stile di vita sano Tuttavia assumendo farmaci gli esseri umani ostacolano la loro capacità di autoguarigione Se in passato sopravvivevano i più forti oggi sono i sovrappeso e i pigri a sopravvivere Il modello paleo suggerisce di riprogrammare i geni come si faceva 10 000 anni fa per ritrovare la salute Siete pronti a dimenticare tutto ciò che avete imparato sulla salute e a tornare indietro nel tempo

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