



Il cervello nel carrello (Italian Edition)

Francesca Russo

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Questo mio lavoro nasce dalla necessità e dal dovere che ha ognuno di noi di tutelare la salute, cominciando da ciò che mette nel piatto. Perché né i ritmi frenetici della vita moderna, né alcuna logica utilitaristica possono rappresentare una valida giustificazione per trascurare la nostra salute.

Vi segnalerò alcune sostanze dubbie in cui ogni giorno ci imbattiamo consapevolmente e non, vi illustrerò le peculiarità di alcune materie prime, e vi svelerò dei trucchetti per ridurre l'assorbimento di tossine nel nostro organismo.

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