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Paleo For Beginners Getting Started With The Paleo Diet

Loren Cordain



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meesten van ons zonder al te veel problemen een gezonde oude dag halen Tegelijkertijd wordt het steeds duidelijker dat veel welvaartsziekten het gevolg zijn van wat we eten en hoe we leven Wie meer wil weten over gezondheid voeding en leefstijl is overgeleverd aan dieetgoeroes behoudende gezondheidsvoorlichters en leugenachtige fabrikanten Verder moeten we het doen met flarden informatie simplificaties van ingewikkelde wetenschap en veel bijgeloof over wat goed en slecht is voor de mens In Eetsprookjes beschrijft Huib Stam de context historisch cultureel en wetenschappelijk van de beslissende ontwikkelingen in de voedingskunde en van wat we weten en geloven over eten en gezondheid De nieuwste inzichten komen uitgebreid en onderbouwd aan de orde Ze wijken soms flink af van de heersende opvattingen In Eetsprookjes gaat Stam op zoek naar antwoorden op de vragen waar de consument mee blijft zitten Waarom worden we dik Heeft een dieet volgen zin Hoe worden we gezond oud

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