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Autore	Schneede, Uwe M
Titolo	Edvard Munch : die Meisterwerke / Mit einem Text von Uwe. M. Schneede
Pubbl/distr/stampa	München, : Schirmer-Mosel, 2000
ISBN	38-88149-92-4
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Lingua di pubblicazione	Tedesco
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2. Record Nr.	UNINA9910164244503321
Autore	Gundry Steven R.
Titolo	Dr. Gundry's Diet Evolution : Turn Off the Genes That Are Killing You and Your Waistline
Pubbl/distr/stampa	Tantor Audio
ISBN	1-5159-9952-1
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Sommario/riassunto	Does losing weight and staying healthy feel like a battle? Well, it's really a war. Your enemies are your own genes, backed by millions of years of evolution, and the only way to win is to outsmart them. From the

renowned surgeon and founder of Gundry MD, this revolutionary book shares the health secrets other doctors won't tell you: Why plants are "good" for you because they're "bad" for you, and meat is "bad" because it's "good" for you. Why plateauing on this diet is actually a sign that you're on the right track. Why artificial sweeteners have the same effects as sugar on your health and your waistline. Why taking antacids, statins, and drugs for high blood pressure and arthritis masks health issues instead of addressing them. Along with the meal planner, seventy delicious recipes, and inspirational stories, Dr. Gundry's easy-to-memorize tips will keep you healthy and on course.
