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Descrizione fisica	1 online resource (vii, 240 pages)
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Nota di contenuto	Introduction I -- Introduction II -- 1. Metabolism -- Energy -- Insulin -- Food -- Digestion -- The liver -- Summary I -- 2. Inflammation -- Fructose -- Fat packages -- Obesity -- Inflammation -- Insulin resistance and diabetes -- Plaques, cholesterol, heart attacks and strokes -- Summary II -- 3. Calories in -- Energy signals -- Pleasure -- Self-control -- Summary III -- Addiction -- Stress -- Leptin resistance -- 4. Calories out -- Weight regulation -- Fidgeting -- Wasting energy -- Summary IV -- Exercise -- 5. Gut bacteria -- Gut bacteria -- Fiber -- Gut bacteria II -- 6. Processed foods -- Science -- First principles -- Additives -- Pesticides -- Genetically-modified foods -- Organic foods -- 7. Interactions between the immune system and gut bacteria -- Antibiotics -- Evolution -- Immune development -- Allergies -- Leaky gut -- Antibiotics II -- 8. Good and bad fats -- Inflammation II -- Trans fats -- Saturated fats -- Leaky gut II -- Summary V -- Saturated fats II -- Science II -- Red meat -- Fish fats -- 9. Sugar and drinks -- Fructose II -- Drinks -- Addiction II -- 10. Diets Knowledge -- Diets Personalized advice -- Salt -- Supplements and superfoods -- Diets II -- 11. Daily rhythms and meal timing -- Daily rhythms -- Daily rhythms II -- Gut bacteria rhythms -- Meal timing -- Fasting -- 12. Behavioral change -- Personalized advice II -- Simple strategies -- Losing weight -- Exercise II -- Counting calories.
Sommario/riassunto	What constitutes a healthy diet? Mainstream media and advertisers would like you to think that the answer to this question is complicated

and controversial. But science, fortunately, tells us otherwise. A Conversation about Healthy Eating brings together all the relevant science about healthy eating in one place, and it's exactly that -- a conversation. This in-depth analysis leads to the simple conclusion that the specifics of what you eat don't actually matter; staying lean and healthy simply requires avoiding the overconsumption of processed foods. While that is, of course, easier said than done, science also provides clear recommendations for how you can adapt your environment and lifestyle to make it possible. Rather than simply presenting you with the principles of healthy eating, this book will help you to develop a comprehensive understanding of the science behind the principles. This understanding will allow you to ignore the noise in the media and to move forward with a healthy diet and lifestyle that work for you.
