Richard J. Johnson

La Natura ci vuole grassi

La Scienza sorprendente che spiega l'epidemia di obesità e sovrappeso,

e come invertire la rotta per ritrovare salute e benessere

E in più: la dieta Switch,

il metodo semplice per perdere peso e stare bene da subito

Traduzione e Prefazione di

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Referenze e bibliografia

Introduzione: L'origine di una pandemia

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PRIMA PARTE: Perché Madre Natura ci vuole grassi

CAPITOLO 1: Il tempo in cui il demone grasso è stato angelo

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CAPITOLO 7: L'interruttore, mente e comportamento

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TERZA PARTE: Come beffare Madre Natura

CAPITOLO 8: Le mille maschere dello zucchero

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Bevande zuccherate vs cibi zuccherati

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Il fruttosio regola il suo assorbimento e metabolismo

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CAPITOLO 10: Disattivare l'interruttore della sopravvivenza

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