

<<(预防癌症的健康食谱)CANCE>>

图书基本信息

书名：<<(预防癌症的健康食谱)CANCER PREVENTION GOOD HEALTH DIET>>

13位ISBN编号：9780393320589

10位ISBN编号：0393320588

出版时间：1996-12

出版人：W. W. Norton & Company

作者：Martin Katahn

页数：274

版权说明：本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问：<http://www.tushu007.com>

<<(预防癌症的健康食谱)CANCE>>

内容概要

You can take steps to ward off cancer, starting right now--and this book shows you how. Want to add twenty years or more of disease-free living to your life? Miraculous as it may seem, the means to do it are not in a lab but in your own kitchen. Cutting-edge scientific research now shows that the human body depends on hundreds of different food compounds to keep its immune system at maximum strength. These phytochemicals (phyto from the Greek word for plant) protect us from cancer and heart disease as well as other degenerative diseases that ordinarily creep up on us as our immune systems grow weaker with age. With over 100 delicious recipes, this book shows you how to maximize your resistance to cancer and other diseases by changing how you eat and think about food. The distinct colors of various foods play different roles in neutralizing harmful substances before they can attack your body cells. Dr. Martin Katahn, who revolutionized the science of weight loss with his T-Factor Diet, shows us how to recognize the essential phytochemicals and understand how they work together. He also explains how diet can be combined for maximum effectiveness with exercise, to increase energy and reduce stress. Originally published in hardcover under the title The Tri-Color Diet.

<<(预防癌症的健康食谱)CANCE>>

书籍目录

Acknowledgments Preface Introduction What Is Cancer and What Causes It? Diet and Cardiovascular Disease How to Build a Phytochemical Army to Fight Cancer and Heart Disease The Cancer Prevention Good Health Diet, Part 1 General Guidelines The Cancer Prevention Good Health Diet, Part 2 Practical Implementation The Cancer Prevention Good Health Express: Weight Loss in a Hurry (for Those Who Need It) Recipes Pros and Cons of Nutrient and Herbal Supplementation Beyond Diet: Physical Activity, Managing Stress, and Reducing the Health Dangers in Your Environment Epilogue Appendix A The Scientific Background: Selected Bibliography Appendix B Relaxation Training and Meditation Appendix C Recipe Analyses: Fat, Calories, and Fiber Appendix D Fat and Fiber Counter and Daily Eating Diary Index

版权说明

本站所提供下载的PDF图书仅提供预览和简介，请支持正版图书。

更多资源请访问:<http://www.tushu007.com>