

# Descargar Libro En Línea PDF Epub Mobi Español Salud A Ciencia Cierta - Miguel Ángel Martínez-González



**Descargar libro en línea PDF epub mobi Español Salud a ciencia cierta Miguel Ángel Martínez-González** , Tras haber estudiado a una población de más de 20.000 personas durante una década, el mayor estudio continuado hecho nunca sobre salud pública en España, el Dr. Martínez-González presenta en un lenguaje claro y ameno lo que la medicina sabe hoy en día sobre algunos de los problemas que más preocupan a los ciudadanos: el control de peso, la dieta ideal, el colesterol, la actividad física, la tensión arterial, los controles de salud, el consumo de alcohol, la adicción al tabaco, el estrés y hasta la felicidad.

¿Por qué a la gente le cuesta adelgazar? ¿Qué comemos que deberíamos retirar inmediatamente de nuestra despensa? ¿Cómo influye la industria en nuestra dieta? ¿Por qué el pan blanco es el peor alimento que hay? ¿Qué es peor, el azúcar o las grasas? ¿Por qué es hoy la industria de la alimentación peor que la del tabaco hace 50 años?

Un libro divulgativo pero que carga las tintas contra la industria alimentaria —la nueva tabacalera, en palabras del propio autor— y que desgana cómo las empresas crean falsas necesidades dietéticas para vender sus excedentes, atentando así contra la salud pública.

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