



A Dieta dos Nossos Ancestrais (Portuguese Edition)

Caio Augusto Fleury

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Caio Fleury leva o leitor a uma fascinante jornada ao longo da evolução do ser humano, comparando o estilo de vida, o tipo de alimentação e a incrível saúde de nossos ancestrais com a alimentação e o estilo de vida do ser humano moderno – marcado pelo sedentarismo, que, associado a uma alimentação rica em carboidratos de alto índice glicêmico, traz diversos danos à saúde. Pela primeira vez no Brasil, A Dieta dos Nossos Ancestrais oferece um programa comprovado cientificamente, que inclui o consumo de uma variedade de alimentos com todos os nutrientes essenciais de que precisamos para perder peso e alcançar uma saúde superior. Se esse é o seu objetivo, A Dieta dos Nossos Ancestrais é ideal para você.

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