

# Descargar eBooks Pdf Español Come Comida Real - Carlos Ríos Ebook Pdf/epub/mobi Gratis



**Descargar eBooks pdf Español Come comida real Carlos Ríos Ebook pdf/epub/mobi gratis**, En la actualidad, la mayoría de la población vive engañada con respecto a su alimentación. Utilizando la metáfora de la película *Matrix*, vivimos en un mundo en el que «no comemos comida real, sino productos que han puesto ante nuestros ojos». Un entorno perfectamente diseñado para el consumo de comestibles insanos: los ultraprocesados. Este entorno está controlado por el lado oscuro de la industria alimentaria, la cual mantiene a la población comprando sus productos en contra de su salud.

En este libro, Carlos Ríos nos ofrece el conocimiento científico necesario para cuestionar, indagar y profundizar en nuestra alimentación y en todo lo que la rodea. Nos explica cuáles son las bases del Realfooding, un estilo de vida que persigue desterrar de nuestra dieta los productos ultraprocesados, y nos ofrece consejos prácticos, trucos y recetas para comer saludablemente de forma fácil, rápida y rica. Matrix no se

puede enseñar, has de verla con tus propios ojos.

**¿Te atreves a despertar?**

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