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Grano saraceno. Un cereale senza glutine per la nostra salute.

By Kowalczyk Jolanta

Edizioni L'Età dell'Acquario, 2015. Book Condition: new. Torino, 2015; br., pp. 158, cm 12x24. (Salute&benessere). Il grano saraceno è un alimento dalla popolarità crescente, non solo fra chi è alla ricerca di cibi senza glutine o di cereali non raffinati, ma anche fra quanti desiderano tornare a un'alimentazione sana e naturale. Le sue qualità sono molteplici e tutte scientificamente dimostrate: è facilmente digeribile, previene numerose malattie del sistema cardiovascolare, è un potente antiossidante capace di combattere i radicali liberi e, quindi, di ritardare l'invecchiamento. Dopo un excursus storico-culturale sulla sua origine, la sua produzione e la sua diffusione, il volume si sofferma sui suoi aspetti nutrizionali, sugli usi alimentari e industriali, sui benefici che il suo consumo regolare apporta al nostro organismo, tra i quali ricordiamo l'azione contro il cancro, il diabete, l'ipertensione, il colesterolo, la celiachia, le dermatiti, l'obesità. Completano il libro puntuali indicazioni per preparazioni cosmetiche e numerose ricette gastronomiche, a beneficio di chiunque desideri migliorare la propria dieta oppure produrre da sé cibi naturali e sicuri.



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