



# **I cereali in naturopatia (Italian Edition)**

*Angela Gimelli*

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# I cereali in naturopatia (Italian Edition)

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## **I cereali in naturopatia (Italian Edition)** Angela Gimelli

Questo libro tratta del grano e dei cereali dal punto di vista naturopatico. Dalla storia del grano, le sue origini, la classificazione, la coltivazione, nell'alimentazione. Tratta della produzione e delle tecniche di agricoltura biologica, le varie farine: bianche, integrali...Il germe di grano e le sue proprietà terapeutiche della vit.E, germogli e integratore nella dieta. Vengono descritti minuziosamente tutti gli altri cereali: orzo, farro, segale, grano saraceno, avena, miglio, mais, riso e kamut; descrivendo per ognuno le caratteristiche nutrizionali e il loro utilizzo.

Si tratta, inoltre, delle problematiche: che il frumento e i cereali possono causare quale: l'acidosi, la malattia celiaca e le varie intolleranze. Consigli per un'alimentazione più equilibrata e salutare. Correlazione tra celiachia e OGM e varie teorie. Un trattato davvero interessante. Sicuramente da leggere e da avere sempre a portata di mano.

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