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Marcia Kedouk

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Prato Sujo (Portuguese Edition) Marcia Kedouk

Sexo, dogs e hot roll Começou com um docinho depois do almoço. Depois, era batata frita a semana toda. Essa é a história de um cérebro viciado e prostituído: ele sabe que salada é mais digna para a saúde, mas gosta mesmo é de açúcar, sal, gordura, farinha refinada - substâncias que dão tanto prazer quanto sexo, com um poder viciante comparável ao de drogas como a cocaína. A indústria da comida se aproveita dessa nossa fraqueza neurológica para tornar seus produtos cada vez mais irresistíveis, com doses cavalares desses aditivos. E pagamos por isso com a nossa saúde. Aqui você vai entender como realmente funciona essa indústria. E, para não dizer que não falamos de couve-flores, este livro também traz descobertas fresquinhos da ciência que podem revolucionar sua dieta. Bom apetite! Ou não.

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