



Dieta Dukan pro e contro (Salute e benessere) (Italian Edition)

Hervé Pouchol

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Come funziona la dieta Dukan? Perché è diversa dalle altre diete? Quali sono i punti di forza e i potenziali problemi? Qual è il segreto del suo successo? Che cosa dicono i medici? È davvero in grado di portare tangibili risultati là dove tutte le altre diete hanno fallito? Quali sono le testimonianze di chi l'ha provata? Pouchol risponde a queste domande e spiega tutto quello che dovrete sapere sulla dieta che è diventata un vero e proprio fenomeno mediatico. Definita miracolosa dai suoi più accesi sostenitori, che dichiarano perdite di peso spettacolari ottenute in tempi brevi, la dieta Dukan viene qui esaminata a fondo, svelandone i segreti, i pro e i contro, le testimonianze degli entusiasti e dei delusi, i vari punti di vista, da chi la considera pericolosa a quello del suo ideatore, Pierre Dukan. Jennifer Lopez vi si è affidata per perdere rapidamente peso dopo il parto, come pure Penelope Cruz, che dichiara di essere riuscita a perdere addirittura 15 chili in pochi mesi dopo la gravidanza. E come dimenticare la splendida forma di Kate Middleton in occasione delle nozze reali col principe William, attribuita proprio a questa dieta? È dunque davvero tutto oro quello che luccica? Pierre Dukan ha senza dubbio aiutato numerose persone in sovrappeso a ritrovare forma fisica e benessere. Del resto, la sua fama è cresciuta non solo grazie alle celebrità del mondo dello spettacolo, ma anche attraverso il classico passaparola che nasce dalla soddisfazione di chi ha ottenuto dei risultati. Blog e forum di fitness ne tessono le lodi, ma a volte rischiano di lasciarsi prendere dall'euforia, trascurando eventuali effetti collaterali. A questo aspetto pone rimedio Hervé Pouchol offrendoci la panoramica più completa ed esauriente di questo regime alimentare, analizzandone gli aspetti positivi, senza tralasciare gli inconvenienti o, addirittura, i pericoli, con un approccio quanto mai imparziale, che va oltre i pregiudizi o i facili entusiasmi.



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