



La Dieta Shangri-La/ the Shangri-La Diet (Spanish Edition)

Seth, Ph.D. Roberts

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Sin contar calorías, comiendo de todo, sin pasar hambre... La dieta Shangri-La permite perder peso sin esfuerzos ni privaciones y, lo que es más importante, sin padecer ansiedad. Como? Incorporando al consumo diario dos alimentos determinados y siguiendo las sencillas indicaciones del autor. El doctor Seth Roberts ha ideado la primera dieta sin restricciones y capaz de desarrollar, por sí sola, el gusto por una alimentación más sana y nutritiva. A partir de una pregunta tan sencilla como reveladora -que provoca el apetito?- el doctor Roberts descubrió que, si bien tendemos a un peso determinado, este no tiene por qué ser fijo ni constante, sino que posee una fuerte relación con el mecanismo del hambre y también con los alimentos que comemos. Basta modificar nuestro "termostato" interno para empezar a perder peso. Recuperar el control sobre la propia alimentación es hoy más fácil que nunca: ha empezado la era de la dieta Shangri-La. / Based on the principle that you have a weight set-point, which you eat to until you no longer feel hungry, Seth Roberts recommends that you have a regular tablespoonful of light olive oil or sugared water between meals to lower your set-point, lower your hunger, and, therefore, lower your weight. No calorie counting, no change of diet, and no hunger. It's that simple!

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