

Dieta Nickel Free

Attilio Speciani, Marina Necchi, Michela Speciani

Allergia al nichel Roberta Graziano, 2024-03-11 Il Nichel è un metallo ampiamente diffuso nell'ambiente che ci circonda per questo l'allergia al Nichel è una delle più difficili da tenere sotto controllo. Con questo libro, l'autore ha voluto mostrare come si scatena la reazione allergica e come fare per prevenire la sua insorgenza.

Nichel Free per una vita migliore Chiara Ravizza, 2017-04-13 Le migliori 80 ricette a basso contenuto di nichel per mangiare con più gusto. Una spiegazione esauriente e ragionata su cosa è l'allergia al nichel e come riconoscerla. Le migliori marche nichel free per l'igiene personale e la cosmesi. Quali utensili utilizzare in cucina in totale sicurezza. Sito web: www.goodlifewithrecipes.com

INTOLLERANZE E ALLEGIE ALIMENTARI Roberta Graziano, 2024-11-16 Le intolleranze e le allergie alimentari sono diventate molto frequenti nella nostra società e imparare a riconoscerle, trattare e se possibile prevenirle è diventato di fondamentale importanza.

Polvere di riso Ilaria Baffoni, 2024-09-11 Il ricettario completo senza nichel e senza lattosio per avere sempre un'idea in più. Il motto di Ilaria è rendi le tue debolezze la tua forza più grande, ed è grazie a questo principio se non ha abbandonato il suo grande amore per la cucina anche dopo aver scoperto l'allergia al nichel e l'intolleranza al lattosio ma, anzi, ne ha tratto ispirazione. Finalmente i sintomi che l'avevano tormentata per tutta l'infanzia e l'adolescenza avevano un senso, ed era giunto il momento di comprare un nuovo set di pentole, allacciare il grembiule e liberare la fantasia. È davvero possibile mangiare piatti buoni e saporiti quando devi evitare alimenti comuni come lattuga, funghi, latte e latticini, crostacei, vari legumi e diversi tipi di farina? E poi conservanti, coloranti, vino, liquirizia, cipolla, soia, malto, dovendo persino fare attenzione a quali pentole e attrezzi da cucina vengono utilizzati? Grazie alla sua creatività, Ilaria è riuscita a dimostrare di sì, prima di tutto a se stessa. In questo libro ha racchiuso oltre 100 ricette da leccarsi i baffi per gli allergici al nichel e gli intolleranti al lattosio, che adesso potranno smettere di vivere di rinunce. Il nichel, in particolare, impone molte privazioni perché è poco considerato, si nasconde negli alimenti più disparati, ed è difficile evitarlo. Ecco perché questo è un ricettario di cui sarà difficile fare a meno, con tanti piatti facili da preparare e anche alcune valide alternative senza glutine, vegetariane o vegane e tante proposte per poter finalmente celebrare le occasioni speciali, per rinunciare agli alimenti che ci fanno male senza rinunciare mai alla gioia di cucinare. All'interno del libro: la lista degli alimenti adatti a tutti, gli impasti e le

preparazioni base, oltre 100 ricette per pranzi, cene, colazioni e snack, i consigli su pentole e attrezzi senza nichel, i sostituti gustosi e i formaggi senza lattosio, tante alternative vegane, vegetariane e senza glutine.

Una nuova cultura per la pratica medica Angela Perucca, Mauro Minelli, Maria Grazia Simone, 2011

Via eczemi, acne e dermatiti Vittorio Caprioglio, 2015-07-01 La cute è un organo sofisticato e complesso che interagisce con i grandi sistemi di regolazione dell'intero organismo: il sistema nervoso, quello endocrino, il sistema immunitario e metabolico.

Mai più intollerante Rossana Cannas, 2023-06-06 Negli ultimi anni il mondo delle allergie e delle intolleranze è esploso e noi ne siamo stati travolti. Ormai non c'è persona che non dichiarare di soffrirne, con sintomi più o meno verosimili. Ma quanto sappiamo davvero su queste reazioni del nostro corpo? Le informazioni cui abbiamo accesso sono, nella maggior parte dei casi, non filtrate scientificamente e poco attendibili. Come in ogni ambito in cui ci sia una divulgazione nebulosa, sono nati falsi miti e tantissime chiacchiere senza fondamento. Attirati anche dalla prospettiva di facili guadagni, professionisti sanitari (e non) hanno iniziato a proporre diete di esclusione inutili, test diagnostici farlocchi e terapie fantasiose. Anche la diet culture ha avuto un ruolo nefasto, accusando allergie e intolleranze di essere causa dell'aumento del peso corporeo e di fastidiosi sintomi, quali per esempio la «pancia gonfia», condivisi da un'ampia fetta della popolazione. Il risultato è una gran confusione, in cui le persone non sanno a chi votarsi e cosa davvero possa nuocere al proprio corpo. Qui interviene Rossana Cannas, medico specializzato in Allergologia e Immunologia Clinica, facendo finalmente chiarezza su cosa sia un'allergia, cosa un'intolleranza, come si diagnosticano scientificamente e come si combattono. Lattosio, glutine, lievito di birra, solfiti sono solo alcuni dei protagonisti di questo libro, in cui si risponde alla pressante domanda su cosa sia indicato o meno mangiare. Ma in cui si parla anche di allergie respiratorie e cutanee, di rinite allergica e asma bronchiale, causate da pollini, acari della polvere, animali e muffe, e delle ormai diffusissime dermatiti allergiche da contatto con varie sostanze, una per tutte il nichel. Con un linguaggio scientifico, rigoroso ma semplice, la dottoressa Cannas chiarisce finalmente tutti i dubbi su questo ambito insidioso, permettendo ai lettori di godersi il momento del pasto, o una passeggiata nella natura, con più serenità.

Colazione e brunch per il benessere Attilio Speciani, Marina Necchi, Michela Speciani, 2014-10-07T00:00:00+02:00 Tutto quello che c'è bisogno di sapere su una sana e corretta prima colazione in 260 pagine. L'autore spiega l'importanza della prima colazione e il conseguente rilievo nelle scelte degli alimenti, passa poi a spiegare attraverso schede illustrative le caratteristiche degli alimenti di base presenti in quasi sempre nella prima colazione (pane zucchero uova ecc.) in modo da dare al lettore la competenza necessaria per gestire in modo consapevole le proprie scelte. C'è poi una parte dedicata ai possibili menù per la prima colazione e i brunch con ricette riccamente illustrate, con box di approfondimento, e suggerimenti sulle possibili infiammazioni da cibo

Rinascere dall'ipotiroidismo Leonida Monti, 2025-04-04 Un libro per conoscere la tiroide e l'ipotiroidismo. Chi soffre di questa sindrome, magari senza saperlo, può lamentare stanchezza, alterazioni del peso, irrequietezza, gonfiore addominale, insonnia, calo della libido e tanti altri sintomi che a volte non scompaiono neanche quando i livelli ormonali sono rientrati nei range corretti grazie ai farmaci. Questo perché per guarire davvero e stare bene è necessario prendersi cura di sé a tutto campo, monitorando lo stato di salute degli organi periferici (soprattutto di fegato e intestino), seguendo una dieta mirata, ricorrendo agli integratori giusti e rivedendo se necessario lo stile di vita. Leonida Monti mette a disposizione la sua vasta esperienza guidandoci lungo un percorso che parte da una indispensabile presa di consapevolezza e conduce passo dopo passo a riconquistare l'equilibrio perduto.

Siamo tutti intolleranti Enzo Spisni, 2024-01-23T00:00:00+01:00 Viviamo in un'epoca di intolleranze. Non solo politiche o ideologiche, ma soprattutto alimentari. Secondo le statistiche, le reazioni anomale ai cibi si sono triplicate negli ultimi quarant'anni. Crescono la celiachia e la sensibilità al glutine, le allergie al nichel e alla frutta. Per non parlare del 50 per cento della popolazione italiana che è geneticamente intollerante al lattosio e neppure lo sa. Molte persone hanno sintomi come emicrania, stanchezza, mal di pancia ripetuti oppure orticaria e non riescono a ricondurli a una patologia specifica. La causa può essere un'intolleranza alimentare, che va diagnosticata con i test adeguati, quando disponibili, o attraverso l'analisi ragionata della propria dieta. Enzo Spisni, direttore del laboratorio di Fisiologia traslazionale e nutrizione all'Università di Bologna, studia da anni su questi temi, affiancando la divulgazione scientifica al lavoro di ricerca sui grani antichi e moderni e sulle reazioni anche ad altre componenti alimentari, come gli additivi. In questo libro spiega in modo semplice perché il corpo si ribella a certi ingredienti. Insegna a scansare la giungla di test inaffidabili e a fare automonitoraggio per capire se si è intolleranti o sensibili a qualche cibo, risolvendo i propri problemi. Il libro fa parte della collana Scienze per la vita, ideata e diretta da Eliana Liotta.

Come Creare il Tuo Piano Alimentare Emil Lazzaroni, 2021-07-19 Come creare il tuo piano alimentare è il libro scritto nel 2016 da Emil Fitness con l'obiettivo di aiutare tutte le persone a mangiare meglio e in maniera più sana. Oltre 5000 persone l'hanno già letto e acquistato. Scoprirai le basi della nutrizione, di cosa è composto il cibo, e capirai come poter creare un piano alimentare su misura per le tue esigenze. Grazie a questo manuale semplice e facile da usare, avrai delle istruzioni precise e chiare su quante kcal mangiare per il tuo fabbisogno giornaliero, scoprirai di cosa è composto il cibo e quali sono le funzioni dei macronutrienti e dei micronutrienti. Scoprirai come creare un piano alimentare per te stesso e come seguirlo al meglio, senza dover per forza ricorrere a costosi professionisti del settore. Questo libro ha insegnato già a migliaia di persone a seguire uno stile di vita più sano, alimentarsi in maniera corretta e comprendere cosa davvero c'è dietro al cibo.

Agrindex, 1994

L'Illustrazione italiana ,1940

Bibliografia nazionale italiana ,2005

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