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Dietas como bajar de peso, Dr. Mónica Katz

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VALERIA SOL GROISMAN NO - Centro Dra. Katz

No aporta calorías y, por lo tanto, no puede hacer engordar. Sin embargo, mucha gente lo confunde con la grasa, es decir, con los triglicéridos, y por eso lo asocia con aumento de peso. Las carnes contienen diferentes porcentajes de grasa (triglicéridos).

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KATZ

Centro Dra. Katz, más placer, menos kilos :. Qué es No dieta. La No dieta propone una nueva mirada acerca del tratamiento para el sobrepeso y la obesidad. Atrás quedaron los planes restrictivos, aquellos que reinaron el mundo de las dietas durante muchos años.

Centro Dra. Katz, más placer, menos kilos

Mónica Katz, la nutricionista cuenta las claves de su 'no-dieta' Propone un método de alimentación saludable que apunta a aprender a mejorar el entorno y a moderarse sin prohibir nada.

Mónica Katz, la nutricionista cuenta las claves de su 'no ...

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A diez años de No Dieta. Puentes entre la alimentación y el placer , Mónica Katz junto con su hija Valeria Sol Groisman continúa profundizando su revolucionario trabajo sobre la alimentación, que indaga no solo en lo que comemos sino también en las razones para realizar una dieta.

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