

the ploppi diet a pdf

Ploppi is an Italian hamlet in the municipality of Pollica (Province of Salerno), located in Cilento, Campania region. Its name means poplars in the Italian language

Ploppi - Wikipedia

Ancel Benjamin Keys (January 26, 1904 – November 20, 2004) was an American physiologist who studied the influence of diet on health. In particular, he hypothesized that dietary saturated fat causes cardiovascular heart disease and should be avoided.. Keys studied starvation in men and published The Biology of Human Starvation (1950), which remains the only source of its kind.

Ancel Keys - Wikipedia

Most people learn about ancestral health through books and blogs, which makes sense—Primal folks tend to be big readers, and the complexity and depth and constant evolution of the knowledge almost requires the written word for proper transmission.

8 Recommendations: Insights and Trends in Ancestral Health

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Dieta mediterranea - Wikipedia

Ancel Benjamin Keys (Colorado Springs, 24 gennaio 1904 – Minneapolis, 20 novembre 2004)   stato un biologo e fisiologo statunitense, noto soprattutto per i suoi studi sull'epidemiologia delle malattie cardiovascolari, che lo condussero a formulare le ipotesi sull'influenza dell'alimentazione su tali patologie e sui benefici apportati dall'adozione della cosiddetta dieta mediterranea ...

Ancel Keys - Wikipedia

27th October 2017 As readers of this blog will know, for many years I have pursued the idea that "stress"™ was the primary cause of cardiovascular disease. Actually, it is strain. Stress is the force applied, strain is the effect that stress produces. For the sake of simplicity, I will just use the word stress. 

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