



# **Cibo base, tossine naturali e malattie collegate (Italian Edition)**

*Valentino Palpacelli*

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Ci preoccupiamo di evitare un certo tipo di cibo perchè troppo calorico ( come le arachidi ) ma in genere non prestiamo molta attenzione ai rischi che può avere il tipo di alimento che mangiamo di più : il cibo base come il grano o il granturco e i suoi derivati . Leggiamo con attenzione l'etichetta di un cibo per evitare un dato colorante o pesticida ma spesso non sappiamo che un alimento può contenere tossine naturali di gran lunga più pericolose dell'eventuale traccia di pesticida rimasta nel prodotto .Questo piccolo testo vuole cercare di rispondere a tali domande e di offrire uno spunto di riflessione su additivi , pesticidi e tossine naturali nei cibi , quale la loro effettiva pericolosità e come orientarsi nella difficile scelta degli alimenti “supposti sani”.

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