



## Sesso e alimentazione.

By Mariani, Massimo

Pacini Fazzi, 2014. Book Condition: new. Lucca, 2014; br., pp. 48, ill. b/n. (I mangiari della salute. 4). Il dott. Massimo Mariani, specializzato in Andrologia e Endocrinologia e perfezionato in sessuologia Medica e Bioetica, ci accompagna alla scoperta delle abitudini e degli alimenti che ci consentono di vivere meglio e a pieno la nostra sessualità. Nella prima parte sono indicati gli accorgimenti per una vita sana e sessualmente attiva, a seguire una lista degli alimenti più indicati e delle loro caratteristiche più utili. Il libro si conclude poi con una scelta di ricette contenenti alcuni degli alimenti precedentemente elencati.



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