



The Food Delusion: A Roadmap to a Better Understanding of Food, Body and Genes Interactions.

By Farid I. Zapparov

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 390 pages. Dimensions: 9.0in. x 6.0in. x 1.3in. This book is devoted to the problems involved in modern human diet, as it changes from the time of the Neolithic revolution some 12,000 years ago and have a great impact on human health. The book offers an entirely new concept of the genome, cells and body interaction which explains the increase in population of the degenerative diseases frequency such as cancer, diabetes and many others. Systematic approach to the genome and its interaction with food formalized as the work of a strange attractor metabolism. This approach points to new direction for the study of metabolism of food and the importance of general principles associated with life origin and existence of living matter. The book is useful to anyone interested in issues of nutrition and provides an invaluable tool to assess the superfoods and dietary supplements in various commercial forms available on the market. In addition, this book will help understand the quality of the products offered in supermarkets and to develop proper dieting strategy to each section of population. After reading this book, anyone can become a professional...

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