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3 Sirt La Dieta Del

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S copriamo in cosa consiste la dieta Sirt, o del gene magro e quali sono i cosiddetti cibi Sirt, che attivano le sirtuine, un gruppo di geni che stimolano il metabolismo e fanno bruciare i grassi

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La dieta Sirt viene chiamata anche dieta del gene magro perché l'assunzione prolungata delle sirtuine produce il medesimo effetto del digiuno, ma senza gli svantaggi che esso comporta: in sostanza, si perde grasso ma non si soffre per la fame grazie alle virtù sazianti dei cibi che fanno parte del piano dieta.

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Come funziona la dieta Sirt La dieta Sirt si compone di due fasi : La fase 1 ha come scopo la perdita di 3,2 kg in 7 giorni ed è quella che dovrebbe produrre i maggiori risultati.

Dieta Sirt, come funziona la dieta che ha seguito Adele

La dieta del gene magro Libro scarica e leggere online gratis Il principio è semplice: consumare “cibi Sirt”, cioè alimenti che contengono particolari nutrienti di origine vegetale che attivano le sirtuine,

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