



Nutrition for the Daily Grind: For your fat liver. The basics for healthy living.

By Wataru Miura

Wataru Miura. Hardcover. Condition: New. 200 pages.

Dimensions: 9.2in. x 7.5in. x 0.7in. The author had built a career that was the admiration of his friends and colleagues. But in 2017, he discovered that his self-neglect while striving for success had come at a cost: his weight gain had led to a diagnosis of non-alcoholic steatohepatitis (NASH), a potentially life-threatening condition of the liver from which few ever fully recover. However, with the same determination that had defined his business career, he launched himself on a project of nutrition study and self-reconstruction, changing almost every aspect of his diet and daily activity. Within a few months, his doctor was astonished to see the results. Through strict attention to his exercise and diet, he had cured himself of a disease that the medical community considered virtually untreatable. Now, in *Nutrition for the Daily Grind*, he is ready to share his secrets with the world. Balancing humor with scientific rigor, he describes the basic vitamins, minerals, and amino acids that your body needs for proper functioning. What's more, he explains the best foods to acquire each nutrient and how to prepare them for maximum nutrition. The book's second part includes more than 38 easy-to-make recipes...



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Reviews

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that I am sure that I will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Brennan Koelpin**

Comprehensive guide! It's this type of very good read through. It is actually written in simple words and phrases rather than difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Bernie Mante PhD**