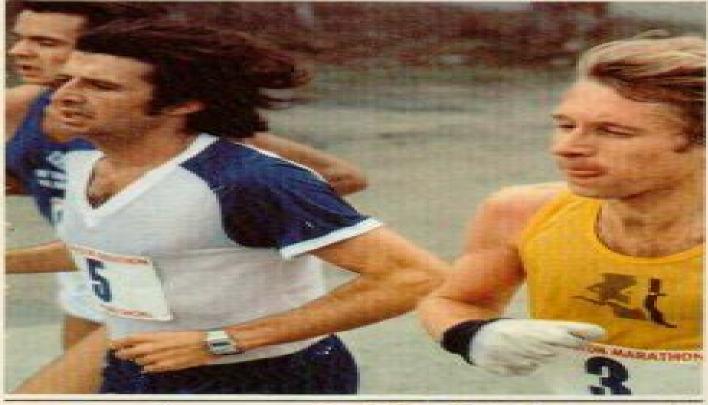
Serious Runner's Handbook



Answers to Hundreds
of Your Running Questions
By Tom Osler

Serious Runners Handbook Answers To Hundreds Of Your Running Questions

Ian Adamson, Editors of Runner's World Maga

Serious Runners Handbook Answers To Hundreds Of Your Running Questions:

Serious Runner's Handbook Tom Osler,1978-01-01 Ancestral Diets and Nutrition Christopher Cumo,2020-11-19

Ancestral Diets and Nutrition supplies dietary advice based on the study of prehuman and human populations worldwide over the last two million years This thorough accessible book uses prehistory and history as a laboratory for testing the health effects of various foods It examines all food groups by drawing evidence from skeletons and their teeth middens and coprolites along with written records where they exist to determine peoples health and diet Fully illustrated and grounded in extensive research this book enhances knowledge about diet nutrition and health It appeals to practitioners in medicine nutrition anthropology biology chemistry economics and history and those seeking a clear explanation of what humans have eaten across the ages and what we should eat now Features Sixteen chapters examine fat sweeteners grains roots and tubers fruits vegetables and animal and plant sources of protein Integrates information about diet nutrition and health from ancient medieval modern and current sources drawing from the natural sciences social sciences and humanities Provides comprehensive coverage based on the study of several hundred sources and the provision of over 2 000 footnotes Presents practical information to help shape readers next meal through recommendations of what to eat and what to avoid

Bibliographie Du Sport Ingrid Draayer, Coaching Association of Canada. Sport Information Runner's World, 1983 Resource Centre, 1981 Training Young Distance Runners Larry Greene, Russell R. 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