

O dilema do onívoro Baixar (PDF or ePub)

Michael Pollan GRATIS



O autor americano fez uma espécie de genealogia da comida ao percorrer, em marcha a ré, a trajetória do alimento da mesa até sua origem mais remota. Muito além do jornalismo, dá absolutamente todas as explicações a respeito de cada ingrediente consumido diariamente. Ao contrário dos que tentam esquecer os abusos da indústria alimentícia, Michael Pollan leu o rótulo e viajou até o pedaço de terra onde cada substância foi plantada. Percebeu que identificar o desenvolvimento, a manipulação e a industrialização das comidas processadas exige talento de um detetive ecológico, munido de coragem e destreza.

No início dessa investigação retrospectiva da cadeia alimentar, o autor descobriu a onipresença do milho, que alimenta não só a galinha como o cordeiro e o salmão! Obra da superprodução dessas calorias baratas conquistada pela agricultura americana. Seja nos refrigerantes, no creme para o café, na fruta em lata ou nas misturas para bolos, o grão é superestimado pela indústria, apesar de seus conhecidos

danos à saúde. Por isso Pollan visitou campos cultivados, pilotou tratores em milharais e fez perguntas capciosas aos produtores, obrigados a tornar cada processo transparente e acessível ao leigo.

O jornalista devassou o processamento da comida em todos os seus aspectos, até o das propostas aparentemente mais saudáveis. Quando descobriu as fazendas "orgânicas industriais", surpreendeu-se com a contradição da proposta: numa grande cadeia de lojas de produtos orgânicos, o rótulo do frango "Rosie" afirmava ser "criado em liberdade". Ao seguir seus traços até o abrigo em que vivia, verificou que, a não ser pelo certificado orgânico de sua ração, também era mantido em cárceres como os das galinhas confinadas em granjas industriais.

Michael Pollan visitou matadouros e delatou a brutalidade com que os animais são abatidos nos Estados Unidos, segundo ele, sem precedentes em todo o mundo. A certa altura, foi à caça de um porco para se conscientizar da agonia do bicho, estripando-o e o preparando para um jantar feito apenas com ingredientes que ele próprio coletou. Trata-se de um impressionante e detalhado tratado sobre alimentação que, pela competência e incansável pesquisa do autor, foi incluído nas listas dos melhores livros do ano das principais publicações americanas.

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[PDF] Immortal heart(1)



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In the hazy distant mountains, covered with a veil, the shadows are dim. In the misty clouds and smoke, several magnificent peaks stand steeply, suddenly far and near.

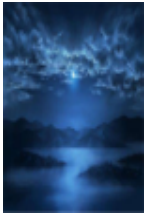
[PDF] Immortal heart(2)



<http://new.beebok.info/br-1457263829/immortal-heart-2.html>

In the hazy distant mountains, covered with a veil, the shadows are dim. In the misty clouds and smoke, several magnificent peaks stand steeply, suddenly far and near.

[PDF] First arrest(1)



<http://new.beebok.info/br-1457139546/first-arrest-1.html>

On the rivers and lakes, if you are not only caught in the face of these "running dogs" of the court, but also struggle against it. So, if such a good name is passed on to the rivers and lakes, the people of the rivers and lakes will certainly praise you. It is not a pleasure for those...

[PDF] First born



<http://new.beebok.info/br-1457248536/first-born.html>

The friend was very silver and tasteful, and later came to know how rich he was, a descendant of a royal family in Europe. The ring, as he said, was a treasure brought back by the elders of the family a long time ago

[PDF] Soul Reaver(3)



<http://new.beebok.info/br-1457262574/soul-reaver-3.html>

This secret is actually an introductory classic of a sect of alchemists, because it is the most elementary skill, and there is nothing to do with it. At most, nobody can guide it, but the key is that it is not a recipe for practice, but an introductory method of alchemy.

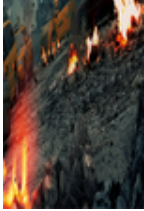
[PDF] Altar Immortals(2)



<http://new.beebok.info/br-1457111270/altar-immortals-2.html>

Halfway up the hill, a teenager in grey clothes was walking slowly down the rugged mountain road with a pile of dry wood on his back. As he walked, he took out a book from his arms and turned it over. He was gradually fascinated by it.

[PDF] Carry a zombie to repair Immortals(2)



<http://new.beebok.info/br-1457250965/carry-a-zombie-to-repair-immortals-2.html>

Close to a great river, the water transport is developed. So, although the town is not big, there are many shops, businessmen and travelers, revealing the prosperous scene everywhere.

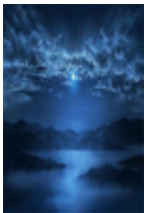
[PDF] Carry a zombie to repair Immortals(1)



<http://new.beebok.info/br-1457244964/carry-a-zombie-to-repair-immortals-1.html>

Close to a great river, the water transport is developed. So, although the town is not big, there are many shops, businessmen and travelers, revealing the prosperous scene everywhere.

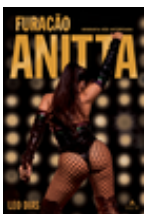
[PDF] First arrest(2)



<http://new.beebok.info/br-1457141755/first-arrest-2.html>

On the rivers and lakes, if you are not only caught in the face of these "running dogs" of the court, but also struggle against it. So, if such a good name is passed on to the rivers and lakes, the people of the rivers and lakes will certainly praise you. It is not a pleasure for those...

[PDF] Furacão Anitta



<http://new.beebok.info/br-1453894390/furacao-anitta.html>

Desde que deixou o Brasil inteiro babando com o Show das Poderosas, Anitta se tornou uma obsessão nacional. Seus clipes quebram a internet, jovens descolados copiam seu estilo e seus passos são seguidos por milhões de fãs, ávidos por qualquer...

[PDF] King of the immortal(2)



<http://new.beebok.info/br-1457257771/king-of-the-immortal-2.html>

Desperate, a white-clothed lady in the sky proudly, the only figure, but make the world colorless.
