

<<健身健美>>

图书基本信息

书名：<<健身健美>>

13位ISBN编号：9787216054317

10位ISBN编号：7216054318

出版时间：2009-3

出版时间：湖北人民出版社

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页数：258

字数：233000

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## <<健身健美>>

### 前言

——没有健康，生活就不是生活，生活就没有生气。

古希腊诗人阿里芬如是说。

——健康是我们人类力所能及的第二福祉，金钱买不到的幸福。

美国诗人、律师沃尔顿如是说。

随着生活水平的不断提高，当代的中国人有吃有穿了。

于是，越来越关心自己的健康状况，注重改善身体素质，希望塑造健康和美的金字塔，希望健康长寿。

然而，美好的愿望尚需知识的积淀。

本书集大洋彼岸美国人的养生保健知识之大全，汇延年益寿之菁华！

收入书中的24篇短文，篇篇短小精悍、贴近生活、内容实在，针对性强。

它们集预防、治疗、养生、美容、减肥、运动、甚至心理调适为一体，向我们介绍了养生的有关知识。

身兼读者和译者，有先睹之快，更有叹服之悦。

叹服什么？

除了叹服本书内容精彩，知识丰富，更叹服美丽神奇的英语！

带着美妙心情，细读慢译，慢译细读，不知霞光暮霭之飞逝，不知安定书院之炎凉！

正如毛荣贵教授所言，“（阅读此书）享受登山听泉之趣，领略置身大自然怀抱之乐，接触医学知识，感受鲜活英语，在不知不觉而又兴致勃勃，自然而然而又苦不累之中，你掌握使用英语的能力正在默默前行。

”

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### 内容概要

《健身健美》集大洋彼岸美国人的养生保健知识之大全，汇延年益寿之菁华！收入书中的24篇短文，篇篇短小精悍、贴近生活、内容实在，针对性强。它们集预防、治疗、养生、美容、减肥、运动、甚至心理调适为一体，向我们介绍了养生的有关知识。

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作者简介

毛荣贵，上海交通大学教授，翻译博导。  
曾任《科技英语学习》（月刊）主编10年。  
1996年应美国驻华大使James R Sasser（詹姆士·尚慕杰）之邀，以leading citizen（杰出公民）的身份遍  
访美国并讲学； Rosemary Adang，英语语言文学研究专家。  
中美教授携手，精选美国当

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书籍目录

前言之一前言之二减肥绝招十大节食减肥谎言减肥五周见效如何使你的孩子防“胖”于未然如何控制你的胃口如何确保你的饮用水是纯净的带来好心情的食物少吃多餐，身材更美如何止咳你为何要注射流感预防针我为何如此疲劳？

保持健康的简单方法心脏病发作之前，请阅读本文七个不可掉以轻心的症状一位美食家心脏科医生的忠言如何保持皮肤的年轻征服乳腺癌想象你是苗条的我与“无烟杀手”的战争秃顶真相“我使你患上癌症，同意吗？”

”惊人的音乐疗效上苍所赐神药一天中最危险的两小时

## 章节摘录

1. YOUR DAUGHTER-IN-LAW has invited you to dinner and she's eager to please. There's shrimp, beef, rice, noodles, corn, broccoli, and raspberry pie and chocolate truffle candy.

2. If you're like most people, you'll want to try a little of everything. But watch out. "A wide variety of foods at one meal can cause you to eat much more," says health and behavior expert Thomas Wadden. "That's because each different food has its own satiety level." However, you can learn to turn off your hunger switch. Scientists have discovered that appetite is controlled by biochemical signals. Certain foods trigger the desire to eat more, while others tend to suppress that desire. Here's how to control the urge to overeat.

3. Don't skip meals. "People who skip breakfast or lunch tend to overeat in the evening," notes obesity specialist Dr. C. Wayne Callaway. "This is common among chronic dieters."

4. A problem is that during meal—skipping, the body's store of glycogen, used as a fuel, drops. That signals the body to demand food and could make you hungry.

5. Down your appetite. "Drinking water is the number-one way to artificially reduce appetite," says nutrition expert Dr. George Blackburn. The reason: liquids freshen the mouth and take up a lot of room in the stomach, and when the stomach is full the desire to eat is reduced.

6. Aim for 64 ounces of liquids daily. In addition to water, good choices are skim milk, herbal tea and low-calorie fruit juices. Don't gulp down entire glasses of liquid as if it were medicine, or you'll never continue. Sip three to four ounces at a time throughout the day.

7. Soup it up. In 1989, researcher Barbara Rolls and her colleagues at Johns Hopkins University in the United States invited 12 men to lunch for two weeks. On different days the men received one of three appetizers, tomato soup, cheese and crackers, or fresh fruit. Calories in each appetizer were equal. Then the men ate a main course. Tomato soup beat the other two in reducing the number of entree calories consumed. Soup lowered later calorie intake by 25 percent compared with cheese and crackers. The key may be the large volume of space that soup takes in the stomach.

8. Snack sensibly. Mother always warned against eating before mealtime. Now scientists are rethinking that advice.

9. A large meal, especially one that's sugary, stimulates the body to produce insulin over a longer period; this, in turn, removes excess sugars from the bloodstream and encourages fat storage and production. With smaller, more frequent meals, less insulin is released over a shorter period. According to some scientific thinking, this helps in the weight wars by lessening the amount of fat produced and stored.

10. Nutritionists call this small-meal approach grazing, and for it to be effective, you have to munch the right foods. "You cannot graze on candy and ice cream because your insulin levels and appetite will increase," says nutrition-research specialist James Kenney. "But if you graze on low-fat, high-fiber foods such as carrots, peaches, oranges, red peppers, whole-wheat pasta, potatoes or oatmeal, you'll keep your appetite down."

11. If grazing sounds like too much freedom to eat, schedule it in advance. Plan your day so that you can snack with healthful goodies every two hours or so.

12. Eat more complex carbohydrates. A few years ago, dieters were encouraged to dine on high-protein, low-carbohydrate foods—a hamburger patty with cottage cheese on a lettuce leaf, for example.

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编辑推荐

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