

The answer to all questions about aging and nutrition

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Bas Kast
The Diet Compass
[Der Ernährungs Kompass]
Summary of all scientific
studies on the subject of
nutrition

C. Bertelsmann
320 pages
39 b/w illustrations
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Bas Kast, born in 1973, studied psychology and biology in Konstanz, Bochum and at the MIT in Boston/USA. He works as a science journalist and author.

When science journalist Bas Kast collapsed with chest pains when he was only 40, he was faced with an existential question: had he ruined his health with junk food? He decided to radically change his eating habits in order to heal himself. But what is really good for you? This was the beginning of a journey of discovery into the latest research into aging and nutrition – and it lasted several years. What do people with a particularly long life span eat? How can you lose weight efficiently? Are afflictions typical of old age avoidable? Can you "eat yourself young" with certain foods? Much of what we think is healthy can even be harmful. Bas Kast has filtered out from thousands of sometimes contradictory studies scientifically founded findings about what really makes for healthy eating.

Press

"The most important non-fiction book of the year." *Der Spiegel*

"With *The Diet Compass*, bestselling author Bas Kast offers orientation for going beyond the myths and half-truths." *Focus*

"It's extraordinary how much Bas Kast can deliver here. [...] He has in fact investigated thousands of studies. [...] This is all incredibly invigorating." *Deutschlandfunk Kultur Lesart*