

la dieta *anti* artrosi

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Marco Lanzetta Bertani è uno dei chirurghi della mano e microchirurghi più conosciuti al mondo. Professore universitario in Australia e Svizzera, è consulente del Centro Nazionale Artrosi - Istituto Italiano di Chirurgia della Mano. Nel 1998, a Lione, ha effettuato il primo trapianto di mano al mondo. Dopo anni dedicati alla ricerca di un nuovo modello di prevenzione e cura per l'artrosi, ha ideato la Dieta Anti Artrosi®. Vegano e triatleta, è convinto sostenitore di uno stile di vita sano e corretto. Ha ricevuto numerosi premi e onorificenze a livello internazionale ed è autore di svariati libri di scienza. Dal 2024 conduce il Podcast 100%MLB.

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