



EDMUNDO DEL RÍO: Nació en 1934, en Zamora, Michoacán. Se fue convirtiendo en *Rius* a partir de 1959, a raíz de la publicación de sus primeros textos en la legendaria revista *Der-já*. Revolucionó la historia nacional con *Los supermachos* y *Los agachados*. Publicó su primer libro, *Cuba para principiantes*, en 1966, creando con ello una original forma de comunicar información y conocimientos a través del humor, la caricatura, la historia y el collage. A partir de entonces sus libros publicados refuerzan el carácter de *Ríus*.

LA PANZA ES PRIMERO, editado por primera vez en 1973, fue el primer libro en cuestionar las falsas nutricionales de la comida mexicana. No la subestima de nuestra comida, sino sus grandes deficiencias nutritivas. Su aceptación fue instantánea. Hasta entonces todos los libros sobre la comida mexicana rescataban los riquísimos sabores de los platillos mexicanos y cómo, de acuerdo con los expertos, nuestra cocina era una de las mejores internacionalesmente, después de la francesa y la china; sin embargo nunca se hacía referencia a sus propiedades alimenticias.

El gran mérito del libro de *Rius* consistió en poner el dedo en esa llaga: la cocina mexicana, riquísima en sabores y colores, carece en general de elementos nutritivos, a los cuales se acostó y de forma totalmente desatendida, con lo cual provoca obesidad y múltiples enfermedades.

El tremendo impacto generado por *La panza es primero* lo ha convertido en uno de los más vendidos de los editores mexicanos (más de 500 mil ejemplares vendidos), al mismo tiempo que ha contribuido a cambiar las hábitos alimenticios de miles de familias preocupadas por su salud.



**LA PANZA
ES PRIMERO**

La Panza Es Primero

**Frederick Luis Aldama, Christopher
González**



La Panza Es Primero:

Decoding **La Panza Es Primero**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**La Panza Es Primero**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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