



Efraim 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 *Rius*.

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 subnutrición de nuestra comida, sino sus grandes deficiencias nutritivas. Su aceptación fue instantánea. Hasta entonces todas las listas 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 desubicada, 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

Rius



La Panza Es Primero:

Unveiling the Magic of Words: A Review of "**La Panza Es Primero**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**La Panza Es Primero**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve into the book's central themes, examine its distinctive writing style, and assess its profound affect on the souls of its readers.

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