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DANIEL SINCHOLLE

LE GUIDE DE L'HUILE DE COCO

Votre nouvelle huile santé



Surpoids, mémoire, cancer, peau et cheveux...

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Guide Lhuile Coco Votre Nouvelle

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Le guide de l'huile de coco - Votre nouvelle huile santé Daniel Sincholle, 2015-10-01 L huile de coco un véritable lixir sain et beau Ce guide complet et accessible tous va vous faire découvrir les innombrables bienfaits de l huile de noix de coco Longtemps décriée en raison de sa richesse en graisses saturées l huile de coco est aujourd'hui reconnue comme une huile extraordinairement saine car elle renferme des triglycides à chaîne moyenne des graisses utilisées très rapidement qui ne sont pas stockées Découvrez les multiples usages souvent méconnus de l huile de coco conseils d utilisation l appui Savez-vous qu'en limitant votre régime vous pouvez perdre du poids plus rapidement Qu'elle est l huile de choix pour la cuisson Qu'elle peut vous aider triompher des infections Qu'elle est recommandée pendant un traitement contre le cancer Qu'elle peut retarder l apparition d Alzheimer Qu'elle nourrit les cheveux et leur donne de la brillance Qu'elle améliore l hydratation de la peau et prévient les rides Qu'elle est non seulement sans danger mais prévient même l hypertension et l artériosclérose Lisez ce guide et vous ne pourrez plus vous passer d huile de coco **BONUS** Des repères pour bien la choisir et l utiliser 20 recettes incontournables pour la cuisiner au quotidien Des conseils pour en faire votre alliée beau spray hydratant masque capillaire fortifiant ongles lotion anti-eczéma Daniel Sincholle est docteur en pharmacie et pharmacologue spécialisé en nutrition Il est co-auteur du Guide des compléments antioxydants

Ça c'est du gâteau Marie Rouvière, 2019-04-17 C'est l'effet wow avec des gâteaux plus délicats que jamais tages de ganache moelleuse ultra gourmandes décorations irrésistiblement appétissantes et tout cela sans overdose de sucre de matières grasses et d ingrédients raffinés Au menu de cet ouvrage 100 % végétal layer cake chocolat cacahuète pyramide de cinnamon rolls cheesecake aux fruits rouges gâteau tout chocolat super gâteau de crêpes **Bonus** Les recettes de ce livre sont aussi disponibles en version sans gluten Toujours souriante Marie Rouvière partage recettes astuces et bons plans sur son blog Sweet and sour et sur sa chaîne Youtube Vegan friendly by Sweet and sour

Soignez-vous avec les produits de la ruche Nicolas Cardinault, 2020-06-18 Apprenez vous soigner par l apithérapie Miel propolis pollen gelée royale venin d abeille découvrez dans ce guide sans équivalent toutes leurs utilisations validées par la science tous les gestes de la vie les produits de la ruche sont là pour vous aider mieux vivre au quotidien Savez-vous qu'ils contiennent des substances efficaces et sûres pour combattre les infections renforcer l immunité soulager les rhumatismes cicatriser les plaies atténuer les troubles de la prostate freiner la maladie d Alzheimer l inflammation et même le vieillissement Toutes ces vertus souvent méconnues du grand public et des thérapeutes ont été rassemblées pour la première fois par Nicolas Cardinault chercheur spécialiste d apithérapie Vous allez apprendre intégrer les produits de la ruche vos protocoles de soins d autant que ce guide est un véritable mode d emploi choix des meilleurs produits du marché doses utiliser conseils de conservation tout y est **BONUS** Des protocoles thérapeutiques avec le produit le plus adapté et sa posologie Le B A BA de la prévention et des conseils en nutrition pour chaque pathologie Nicolas Cardinault est docteur en nutrition directeur scientifique de Pollénergie membre du conseil scientifique de l Association francophone d

apith rapie AFA et membre de la commission d apith rapie d Apimondia *Soignez-vous avec le magnésium* Anne-Laure Denans,2018-06-14 Le guide des suppléments de magnésium Stress fatigue insomnie hypertension ces maux qui vous empoisonnent la vie sont peut être dus un simple déficit en magnésium comme c est le cas pour 7 personnes sur 10 Basé sur la science la plus récente ce guide crit par la docteure en pharmacie Anne Laure Denans explique comment utiliser le magnésium au quotidien pour préserver ou retrouver la santé Diabète asthme anxiété de pression grossesse calculs rénaux dans de nombreux cas le magnésium a fait la preuve de son intérêt Vous saurez notamment Quel magnésium choisir Les formes et les doses privilégier selon votre état de santé Avec quels autres suppléments l associer Et pour ne jamais manquer de ce minéral essentiel Anne Laure Denans propose un programme alimentaire complet avec les aliments et les boissons privilégier **EN BONUS** Un test pour savoir si on manque de magnésium Une liste de courses et des recettes gourmandes pour optimiser ses apports en magnésium Les réponses vos questions Faut-il préférer le magnésium marin Quels sont les effets secondaires d un excès de magnésium Etc Anne Laure Denans est docteure en pharmacie et diplômée en nutrition Elle est l auteure du *Nouveau Guide des additifs* devenu référent *Lyme - Les solutions naturelles* Judith Albertat,Albert Werckmann,2017-02-23 Prenez le bon chemin vers la guérison ! En 2011 dans *Maladie de Lyme mon parcours pour retrouver la santé* Judith Albertat a décrit les difficultés rencontrées par les malades pour avoir un diagnostic fiable et trouver un médecin aguerri Formée depuis la naturopathie la nutrition et l aromathérapie elle a rassemblé ici tout ce qu il faut savoir pour se soigner naturellement une mine de conseils qu elle tire de son expérience auprès de dizaines de malades mais aussi des découvertes scientifiques récentes Son message oui on peut sortir d une maladie de Lyme chronique mais les antibiotiques ne suffisent pas toujours d autant qu ils peuvent entraîner des effets secondaires sérieux Il faut restaurer en profondeur son terrain en particulier les systèmes immunitaire et digestif et surtout recourir des traitements naturels ciblés puissants et sans risque Dans cet ouvrage elle explique concrètement Quels examens permettent de faire le point sur son état de santé réel Comment combler les déficits en vitamines et minéraux et lutter contre l inflammation Comment se désintoxiquer des métaux lourds et renforcer son système immunitaire Comment rétablir la perméabilité intestinale Quelles huiles essentielles utiliser et quelles doses L alimentation adopter pour en faire une alliée de sa guérison LE des témoignages de patients guéris et en voie de guérison grâce aux solutions naturelles de ce livre Judith Albertat est ancienne pilote de ligne et formatrice Lanceuse d alerte elle milite depuis des années pour une meilleure prise en charge de la maladie de Lyme en France Elle a fondé l association Lyme sans frontières et le fonds de dotation **I FOR LYME** *Guide Evasion Nouvelle Calédonie* Pierre Grundmann,2017-11-22 Cet ebook est une version numérique du guide papier sans interactivité additionnelle Destin aux voyageurs indépendants le guide *vasion Nouvelle Calédonie* vous permet de construire votre itinéraire et de découvrir le meilleur de cet archipel du bout du monde plages paradisiaques frangées de cocotiers et de pins colonnaires plongez sur la barrière de corail ou snorkelling dans le lagon virer en pirogue à la découverte des Pins ambiance de jungle sur la côte est et de savane dans le Far West calédonien crit par des auteurs

passionnés le guide vasion Nouvelle Cal donie propose Les meilleurs circuits pour découvrir les sites naturels incontournables de Grande Terre mais aussi l'île des Pins et les îles Loyauté Mar et Ouvéa Une sélection d'adresses pour dormir dans des hôtels de charme des bungalows ou des gîtes kanaks et les meilleures adresses pour initier la gastronomie et aux traditions mānassiennes Les balades secrètes de nos auteurs Des randonnées pedestres pour arpenter le parc de la Rivière Bleue ou bien les gorges de la Dumba et questres dans les plaines de l'Ouest cal donien Tous les coups de cœur de nos auteurs dans un guide pratique illustré complet avec des cartes détaillées Préparez votre voyage en Nouvelle Cal donie sur www.guideevasion.fr

Le guide de survie des hypersensibles empathiques Judith Orloff, Saverio Tomasella, 2018-09-03 Dans un monde où tout s'accélère l'hyperempathie est encore trop souvent perçue comme une fragilité Or il s'agit d'un type de sensibilité qu'il convient au contraire de préserver pour le transformer en facteur de panouissement Spécialiste de l'hyperempathie Judith Orloff détaille dans ce guide les bonnes pratiques adopter pour entretenir des relations équilibrées en famille au travail avec nos amis En s'appuyant sur son expérience elle présente Les différents types de personnalités hyperempathiques Les indices qui doivent alerter en cas de surcharge motionnelle et sensorielle Des exercices d'autoévaluation Les stratégies de protection indispensables pour se préserver Les attitudes avoir face aux vampires énergétiques Les secrets d'une vie heureuse et panouie Savoir accueillir et développer sa sensibilité est la clé du bonheur et de la réalisation de soi Judith Orloff nous le confirme oui on peut être un hyperempathique heureux équilibré et panoui Ce livre est une bouée de sauvetage pour les personnes sensibles John Gray

Sommaire Et Guide D'Étude - Guérison Anxiété Et Dépression Lee Tang, 2022-03-25 Comprendre et Guérir l'Anxiété et la Dépression Le résumé incontournable de Guérir l'anxiété et la dépression par Daniel G Amen MD and Lisa C Routh MD L'anxiété et la dépression sont un problème pour des millions de personnes Le problème est aggravé par la croyance erronée que ces troubles résultent d'un mauvais caractère ou d'une volonté faible La récente science du cerveau de pointe montre qu'ils résultent d'un dysfonctionnement cérébral et si nous pouvons les diagnostiquer et les traiter nous pouvons améliorer la qualité de vie du patient Le Dr Daniel Amen a tiré le fer de lance de l'utilisation de l'imagerie cérébrale SPECT pour découvrir les liens entre le cerveau et le comportement Ces études d'imagerie ont révélé les principaux centres d'anxiété et de dépression du cerveau et l'ont aidé à développer de nouvelles approches efficaces de diagnostic et de traitement Ce livre résume ces découvertes passionnantes et les schémas thérapeutiques utilisés Ce guide inclut Résumé du livre vous aide comprendre les concepts clés Vidéos en Ligne couvre les concepts plus en profondeur Valeur ajoutée de ce guide est de Gagner du temps Comprendre les concepts clés Développer vos connaissances

Le guide marabout des gâteaux naturels Giovanna Torrico, 2021-03-17 Découvrez des recettes de desserts respectant les principes de l'alimentation clean et prenez goût à une alimentation plus saine et naturelle pour votre organisme carter les sucres et les graisses transformés est la première règle de ce mode alimentaire bienfaisant Il vous permettra de retrouver un équilibre alimentaire et de vous faire plaisir sans rougir Les grands principes de l'alimentation clean La liste des ingrédients essentiels privilégier Des recettes de gâteaux simples saines

et d'licieuses Des pas pas en images pour r ussir ses pr parations Et des conseils pratiques pour aider changer son alimentation

Le Guide complet de l'oeuf de Yoni : De la découverte à la sagesse Lilou Macé, 2025-06-03

TOUS LES CONSEILS ET SAVOIRS DE LILOU R UNIS DANS CE GUIDE ULTIME Un livre essentiel pour toutes les femmes tous les ges Pionni re de la d mocratisation de l oeuf de yoni en France Lilou Mac entour e d expertes renomm es vous partage le meilleur de ses exp rimentations pour que vous puissiez b n ficier de ce puissant catalyseur d couvrir les capacit s insoup onn es de transformation de votre corps de femme et sa facult de vous guider tous les jours Que vous soyez une d esse en qu te de vitalit une exploratrice du plaisir une yogini du p rin e ou simplement curieuse ce guide ultra complet va tout vous r v ler

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