



LA DETOX

Comment éliminer ses toxines et préserver ses intestins

Christine Buchwald-Malos
Naturopathe Hygiéniste

La Detox Comment Eacuteliminer Ses Toxines Et Preacuteserver Ses Intestins

RM Cervero



La Detox Comment Eliminer Ses Toxines Et Preserver Ses Intestins:

La Detox Comment Eliminer Ses Toxines Et Preserver Ses Intestins Christine Buchwald Malos, 2013-11-23 La sante depend de notre alimentation mais aussi de l'elimination de nos toxines D ou viennent elles et par quels mecanismes nous les eliminons Afin de detoxifier votre organisme et acquerir une vitalite vous trouverez differents programmes de detox acido basique et de revitalisation ainsi qu'une liste de vitamines dont nous avons besoin de leurs fonctions et dans quels aliments sont elles presentes La sante des intestins est essentielle pour une bonne detoxication mais par quels moyens vous pouvez les preserver les probiotiques les prebiotiques ou certains aliments Pourquoi le gluten et le lactose sont ils nefastes pour la sante et pour nos intestins Les reponses a ces questions sont dans ce manuscrit ainsi que des exemples de programmes alimentaires sans gluten et sans lactose qui vous aiderons a preserver votre sante Et pour etablir votre CURE DE DETOX vous decouvrirez des listes d'aliments de plantes detoxifiantes et des conseils d'hygiene vitale

La Detox Christine Buchwald-Malos, 2017-01-17 Nous accumulons un grand nombre de toxines mais comment se forment elles dans nos organes Que sont ces toxines endog nes Par quelles voies d'entr es p n trent les toxines Comment sont limiter nos toxines et par quels m canismes Vous trouverez les r ponses toutes ces questions Afin d'liminer vos toxines et pr server votre sant vous trouverez diff rents programmes programme de d tox programme ou r gime acido basique ou encore un programme de revitalisation avec la liste des vitamines dont nous avons besoin leurs fonctions et dans quels aliments elles sont pr sentes La d toxication passe aussi par la sant de vos intestins mais par quels moyens vous pouvez les pr server les probiotiques les pr biotiques et certains aliments sp cifiques Les cons quences et les intol rances du gluten et du lactose se r percutent sur la sant de vos intestins Vous trouverez des programmes alimentaires sans gluten et sans lactose ainsi qu'une liste d'aliments pour pr parer vos programmes afin de prot ger vos intestins et d toxifier votre organisme Afin d'tablir votre CURE DE DETOX vous trouverez galement une liste d'aliments alcalins de plantes d toxifiantes et des conseils d'hygi ne vitale Nous sommes tous acteur de notre sant Christine Buchwald Malos Naturopathe Hygi niste

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