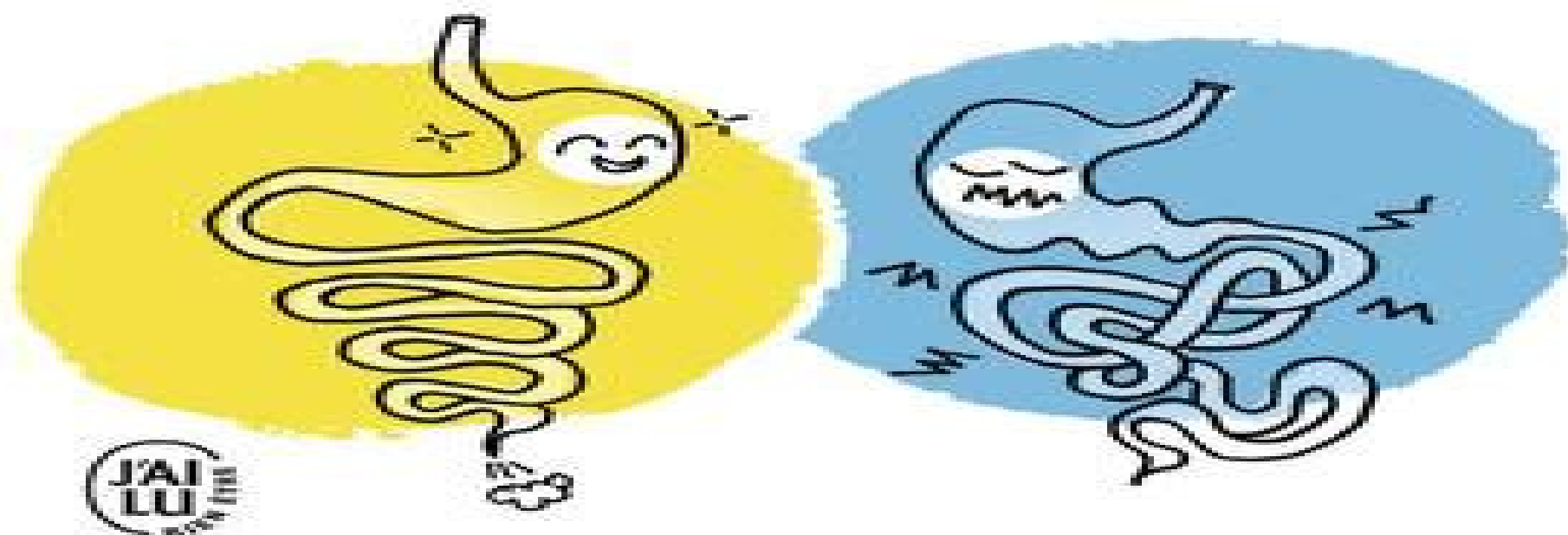


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La santé commence par les intestins

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La Santeacute Commence Par Les Intestins

Scarlett Weinstein-Loison



La Santé commence Par Les Intestins:

La santé commence par les intestins Scarlett Weinstein-Loison, 2016-01-20 Notre santé dépend pour beaucoup de celle de nos intestins et donc de ce que nous mangeons. Nous savons aujourd'hui que pour vivre longtemps et surtout être en bonne santé, il est essentiel de couvrir notre système digestif et d'adopter une alimentation qui lui soit adaptée. Scarlett Weinstein-Loison nous aide à comprendre le fonctionnement de notre système digestif et des pathologies intestinales et nous enseigne comment y remédier naturellement. Voici un livre facile à lire, riche en informations et en conseils pratiques pour être et rester en forme simplement et naturellement.

La santé commence par les intestins Scarlett Weinstein-Loison, 2008-09-08 Comment fonctionne notre système digestif et tout particulièrement nos intestins ? Comment mieux comprendre les pathologies intestinales ? Et surtout comment y remédier naturellement ? Le lecteur trouvera ici les clés pour comprendre notre système digestif, ses déséquilibres et le juste traitement naturel correspondant : phytothérapie, probiotique ou prébiotique. De plus, la personne qui se expose les différentes pathologies intestinales suivies des orientations thérapeutiques préconisées en naturopathie. Parmi les différents facteurs de désordre intestinal, l'auteur met tout particulièrement l'accent sur les carences enzymatiques propres à chacun. Elle préconise ainsi une alimentation adaptée à nos capacités digestives tout en ouvrant le champ des possibles vers les aliments les plus digestes. Ce livre, riche de conseils alimentaires et thérapeutiques, vous fera découvrir des recettes ancestrales et actuelles avec des exemples de menus type pour que les intestins deviennent source de bonne santé.

La santé commence par les intestins Scarlett Weinstein-Loison, 2012-02-01 Comment fonctionne notre système digestif et tout particulièrement nos intestins ? Comment mieux comprendre les pathologies intestinales ? Comment y remédier naturellement ? Le lecteur trouvera ici les clés pour comprendre notre système digestif, ses déséquilibres et le juste traitement naturel correspondant : phytothérapie, probiotique ou prébiotique. De plus, la personne qui se expose les différentes pathologies intestinales suivies des orientations thérapeutiques préconisées en naturopathie. Considérer l'importance de la fonction intestinale dans le bien-être général. Juste compréhension de nos besoins alimentaires.

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