

ELISABETH CERQUEIRA ET MARISE CHARRON

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SUPERALIMENTS ANTI-ÂGE

Pour retarder les effets du vieillissement



MODUS VIVENDI

Superaliments Anti Ge Retarder Effets Vieillissement

Elisabeth Cerqueira, Marise Charron

Superaliments Anti Ge Retarder Effets Vieillissement:

Superaliments anti-âge Elisabeth Cerqueira, Marise Charron, 2015-09-07 Vous voulez vous maintenir en forme et en bonne santé le plus longtemps possible et retarder les signes visibles du vieillissement. Ce livre couvre comment votre alimentation peut contribuer de manière très concrète. Cet ouvrage présente 20 superaliments reconnus pour favoriser la elasticité de la peau, retarder l'apparition des rides et réduire les risques de maladies cardiovasculaires. Il vient également l'apparition de certains cancers, renforcer les os et améliorer la santé générale. Plus de 50 recettes laborées par des nutritionnistes sont proposées, de la soupe au pamplemousse et au brocoli, salade de poulet à l'avocat et aux noix de Grenoble, saumon à la moutarde et à la crème, poisson aux échalotes et crevettes aux suprêmes d'agrumes, poulet aux 50 gousses d'ail, wraps aux haricots de Lima, petits fruits au vin rouge et aux pices, fondue au fromage et au chocolat, etc. Apprenez à tirer le meilleur parti de votre alimentation, en choisissant des aliments aux différents modes de préparation et de cuisson pour servir les vitamines, les minéraux et autres nutriments. Superaliments anti-âge tout ce qu'il faut savoir pour retarder les effets du vieillissement.

Discover tales of courage and bravery in Crafted by is empowering ebook, **Superaliments Anti Ge Retarder Effets Vieillissement**. In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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