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SUPERALIMENTS ANTI-ÂGE

Pour retarder les effets du vieillissement



MODUS VIVENDI

Superaliments Anti Ge Retarder Effets Vieillessement

Elisabeth Cerqueira, Marise Charron



Superaliments Anti Ge Retarder Effets Vieillessement:

Superaliments anti-âge Elisabeth Cerqueira, Marise Charron, 2015-09-07 Vous voulez vous maintenir en forme et en bonne sant le plus longtemps possible et r duire les signes visibles du vieillissement D couvrez comment votre alimentation peut y contribuer de mani re tr s concr te Cet ouvrage pr sente 20 superaliments reconnus pour favoriser l lasticit de la peau retarder l apparition des rides r duire les risques de maladies cardiovasculaires pr venir l apparition de certains cancers renforcer les os ou am liorer la m moire plus de 50 recettes labor es par des nutritionnistes jus de jouvence au pamplemousse potage au brocoli salade de poulet l avocat et aux noix de Grenoble saumon cro t la moutarde et l rable p toncles et crevettes aux supr mes d agrumes poulet aux 50 gousses d ail wraps aux haricots de Lima petits fruits au vin rouge et aux pices fondue fruit e au chocolat etc Apprenez tirer le meilleur parti de votre alimentation du choix des aliments aux diff rents modes de pr paration et de cuisson pour pr server les vitamines les min raux et autres nutriments Superaliments anti ge tout ce qu il faut savoir pour retarder les effets du vieillissement

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