

Read Ces Glucides Qui Menacent Notre Cerveau Le Livre En Ligne PDF EPUB Mobi- Dr. David Perlmutter



Read Ces glucides qui menacent notre cerveau Dr. David Perlmutter le livre en ligne PDF EPUB mobi, Le best-seller phénomène qui a bouleversé les habitudes alimentaires de centaines de milliers de personnes !Oui le gluten et les sucres, liés à de nombreuses pathologies, sont aussi un danger pour notre cerveau. Comment faire pour le protéger et pour favoriser le développement de nouveau neurones, quel que soit son âge ? L'ouvrage du Dr Perlmutter propose :

- Une synthèse des études scientifiques
- L'expérience d'un médecin et de ses patients
- Un programme alimentaire de quatre semaines
- Des conseils et des recettes

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