

Read Comment Ne Pas Mourir Le Livre En Ligne PDF EPUB Mobi- Michael Greger & Gene Stone



Read Comment ne pas mourir Michael Greger & Gene Stone le livre en ligne PDF EPUB mobi, On peut ne pas mourir d'hypertension artérielle en buvant des tisanes d'hibiscus.

On peut prévenir le cancer de la prostate en ajoutant des graines de lin à nos plats.

On peut réduire les risques de maladie cardiaque en mangeant des noix du Brésil.

C'est scientifiquement prouvé.

Mieux manger est plus simple que ce que l'on croit, ne coûte pas plus cher et peut nous sauver la vie. C'est ce que nous démontre le docteur Michael Greger dans l'ouvrage ultradocumenté et pourtant très facile d'accès qu'il a coécrit avec Gene Stone. Un véritable guide qui nous ouvre les portes d'un univers fascinant, celui de la science des aliments.

Michael Greger analyse d'abord le rôle de l'alimentation dans les principales maladies du siècle, telles que les maladies cardiaques, pulmonaires, cérébrales... Puis il dresse la liste des 12 aliments quotidiens qui sont selon lui essentiels pour

une alimentation optimale, un régime vert à base d'haricots, de baies, de légumes crucifères, etc., où chaque aliment a son lot de bienfaits. Il nous explique enfin comment intégrer à notre quotidien alimentaire de petits réflexes qui peuvent prévenir certaines affections voire renverser le cours des maladies et nous aider à mener une vie plus longue et plus saine.

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