

Read Je Mange Cru Le Livre En Ligne PDF EPUB Mobi- Stefan Lehner

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Read Je mange cru Stefan Lehner le livre en ligne PDF EPUB mobi, Devenez responsable de votre santé !

Parlons cru ! Consommer des aliments transformés a des effets nuisibles sur le corps et la santé : surpoids, fatigue chronique, vieillissement prématuré... Une façon naturelle de se nourrir existe pourtant, l'alimentation crue et vegan, dont les nombreux bénéfices sont scientifiquement prouvés : le fait de ne pas exposer les aliments à la chaleur (donc à la cuisson) maximise leur apport nutritionnel et prévient l'apparition de multiples maux et maladies.

Partant d'une réflexion philosophique et déjouant les croyances limitantes et les mythes alimentaires, ce guide complet et concret, basé sur onze ans d'expérience et de formation pointue aux États-Unis, vous aidera à adopter la

raw food sans carences ni déséquilibre - à votre rythme et selon vos envies, pour une santé au top et une vitalité visible !

Découvrez les besoins réels de votre corps et les bénéfices de l'alimentation crue sur l'organisme. Repérez les liens entre émotions et alimentation, comment les décoder et vous en libérer. Apprenez à changer durablement vos habitudes alimentaires. Explorez toutes les techniques, astuces et modes de préparation en cuisine fraîche et vivante. Et testez 33 recettes 100% vegan pour découvrir un nouveau monde de saveurs, de gourmandise et de créativité !

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