

# Read La Grande Arnaque Du « manger Sain » Le Livre En Ligne PDF EPUB Mobi- Hans- Ulrich Grimm



**Read La grande arnaque du « manger sain » Hans-Ulrich Grimm le livre en ligne PDF EPUB mobi**, Comment une margarine vendue comme « bonne pour le coeur » peut-elle causer des crises cardiaques ? Comment des additifs censés réduire le diabète peuvent-ils au contraire l'aggraver ? Et savez-vous que certains aliments « allégés » sont littéralement saturés en acides gras ? Dans ce livre, l'auteur révèle comment les grands groupes agroalimentaires nous font croire n'importe quoi. Leur marketing présente des produits prétendument « sains » comme la solution miracle à tous les problèmes de santé. Mais attention, c'est souvent tout le contraire ! Ce livre fournit des informations sur ce puissant secteur alimentaire, sur les dernières recherches scientifiques, ainsi que sur les lobbies qui font pression sur les politiques. Un document édifiant dévoilant une industrie qui, derrière la façade publicitaire et sous couvert de protéger votre santé, brasse des milliards en nous faisant avaler n'importe quoi. Vraiment n'importe quoi.

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