

# Read Zéro Sucre Le Livre En Ligne PDF EPUB Mobi- Danièle Gerkens



**Read Zéro sucre Danièle Gerkens le livre en ligne PDF EPUB mobi**, Le sucre est omniprésent dans notre alimentation, jusqu'à se cacher dans de nombreux produits salés. De plus en plus de médecins prônent une réduction drastique du sucre. La prise de conscience de Danièle Gerkens s'est transformée en aventure personnelle. Pendant un an, elle a décidé de vivre sans sucre. Les bienfaits physiques et psychologiques ont tout de suite été spectaculaires. À travers son expérience et ses rencontres avec de nombreux spécialistes, elle nous donne sa méthode pour diminuer de façon non contraignante notre consommation de sucre, tout en gardant une alimentation et une vie sociale épanouies. Danièle Gerkens propose des centaines d'informations et de trucs simples à appliquer, pour des résultats immédiats. En une année, elle a perdu du poids, retrouvé une santé de fer et gagné en bien-être psychologique. Ça donne envie non ?

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