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Apprenez le jeûne



Lire des ebooks Apprenez le jeûne Alexis Delune PDF, ePub, mobi, Jeûner = capital santé !

Un programme simple et efficace pour éliminer vos toxines et vous sentir mieux dans votre corps et votre esprit.

Une semaine de jeûne allège le corps et l'esprit, fait perdre les graisses superflues et vous aide à être parfaitement à l'écoute de votre organisme.

Cette méthode, plus facile et efficace qu'un régime, est approuvée et reconnue dans de nombreux pays. Certaines assurances-santé suisses et allemandes remboursent les stages de jeûne thérapeutique, tant cette pratique fait office de remise en forme.

Dans cet ebook, vous apprendrez notamment :

- comment choisir votre période, votre durée
 - comment bien vous préparer
 - comment suivre un programme de sept jours
 - comment dynamiser votre quotidien par un jeûne annuel
 - comment amoindrir puis supprimer la sensation de faim
- Et bien d'autres choses encore.

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