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Michel Desmurget

L'ANTI-RÉGIME

Maigrir pour de bon



Lire des ebooks L'antirégime Michel Desmurget PDF, ePub, mobi, « Un jour j'en ai eu assez des régimes fantaisistes. J'en ai eu assez de perdre à chaque fois dix kilos pour en reprendre douze. J'en ai eu assez de traumatiser inutilement mon organisme. Alors, j'ai décidé d'oublier les méthodes de bazar pour me plonger dans la littérature scientifique. Au-delà des 50 kg qu'il m'a permis de perdre pour retrouver un poids sain, ce voyage m'a enseigné deux choses : - les régimes médiatiques sont des impostures. D'une part, ils font exploser dangereusement le risque pathologique (cancers, diabète, infarctus, etc.). D'autre part, ils déchaînent une infaillible armée de défenses métaboliques génétiquement programmées pour combattre l'amaigrissement et rendre toute perte de poids impossible sur la durée. Le taux d'échec de ces régimes dépasse 95 % ! - le seul moyen de maigrir durablement consiste à mettre en place un déficit énergétique assez restreint pour passer sous le radar des systèmes organiques de contrôle du poids et de la faim. Le corps maigrit alors graduellement (mais sûrement), à

son insu, sans crier fringale. Sur la voie du succès, la patience n'est pas une option ; elle est une nécessité physiologique absolue. Et si cette idée vous frustre, posez-vous la question : vaut-il mieux réussir en douze mois ou échouer en trois ? »

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