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Les jus procurent de l'énergie plus rapidement que les fruits ou les légumes entiers...

Le recours aux jus de fruits, de légumes, de légumineuses (ou autres) pour soigner, soulager ou guérir des affections existe depuis toujours.

**Un ebook pratique et malin qui répondra rapidement à toutes vos questions sur ce sujet.**

EXTRAIT

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Le recours aux jus de fruits, de légumes, de légumineuses (ou autres) pour soigner, soulager ou guérir des affections existe depuis toujours.

Les jus de fruits et de légumes contiennent des quantités infinies d'éléments nutritifs qui nous procurent de l'énergie et nous aident à digérer les aliments plus facilement. Consommer des fruits et des légumes apporte, outre les vitamines habituelles, des fibres essentielles au bon fonctionnement de l'organisme. Les jus de fruits ne contiennent que très peu de lipides.

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