

Lire Des Ebooks Ma Good Détox Valérie Espinasse PDF, EPub, Mobi



Lire des ebooks Ma good détox Valérie Espinasse PDF, ePub, mobi, Vous manquez de tonus ? Vous souffrez de ballonnements ou de maux de tête ? Vous avez pris du poids ? Et si c'était à cause de votre alimentation ? Pour vous aider à revoir votre façon de manger, essayez MA GOOD DÉTOX !

Cette détox personnalisée n'est pas un régime, mais un vrai guide pour vous aider à manger autrement pour vous sentir mieux. À l'aide de quiz et en fonction de vos objectifs, l'auteur vous propose 3 cures différentes sur 3 semaines : Bien-être/Énergie, Minceur ou Digestif.

Grâce aux fiches conseil (sans gluten, sans lactose, digestion facile, etc.) et à 50 recettes détox, vous saurez quels sont les aliments et les plantes qui vous font du bien et comment les consommer pendant et après votre détox.

ALORS, MOTIVÉ(E) POUR ÊTRE EN PLEINE FORME ?

EN BONUS : la recette des macarons Chloé sans gluten de Pierre Hermé !

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