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DR JACQUES
FRICKER



Maigrir
vite et
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« Vous voulez maigrir vite ; vous souhaitez être en bonne santé,

garder votre tonus puis ne pas reprendre les kilos perdus.

Pour réussir, je vous propose une méthode simple, saine et efficace.

Elle consiste à :

- Manger des aliments naturels, des aliments variés.
- Profiter de toutes les saveurs, salées comme sucrées.
- Partager des repas conviviaux avec vos proches.
- Ne rien changer à vos habitudes de vie, chez vous comme à l'extérieur.
- Découvrir de nouvelles recettes.
- Apprendre à stabiliser votre poids, une fois votre objectif atteint. » *Dr Jacques Fricker*

Jacques Fricker est médecin nutritionniste à l'hôpital Bichat, après avoir fait pendant des années de la recherche à l'Inserm. Il enseigne dans plusieurs facultés de médecine.

Auteur phare dans le domaine de la nutrition et de la minceur, ses ouvrages rencontrent un large succès auprès du public.

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