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Lire des ebooks Mes programmes cétogènes Alix Lefief-Delcourt, Olivia Charlet & Daniel Péroël PDF, ePub, mobi, Pauvre en glucides et riche en bonnes graisses, sans gluten et sans produits laitiers, basée sur des produits bio et de qualité, l'alimentation cétogène et hypotoxique est la meilleure solution pour se nourrir sainement et préserver sa santé.

Selon les recherches scientifiques les plus récentes, c'est une voie d'avenir face aux maladies « de civilisation » : migraine, diabète, maladie d'Alzheimer, cancer, obésité, maladies inflammatoires, autisme... C'est aussi une bonne méthode pour perdre du poids ou optimiser ses performances sportives.

Découvrez dans ce livre :

10 questions-réponses pour tout savoir sur l'alimentation cétogène et hypotoxique.

Les aliments stars : beurre de cacao, huiles de coco, de cameline et de sacha inchi, graines de chia, amandes, oeufs à la coque, tofu fermenté, petits poissons gras, miso, cacao cru, açai...

6 semaines de conseils et de menus pour changer vos habitudes alimentaires : dire stop au sucre sous toutes ses formes, adopter un petit-déjeuner pauvre en glucides, composer ses repas différemment...

Vos programmes cétogènes et hypotoxiques sur mesure : perte de poids, anticancer et maladies inflammatoires, grand sportif, végétarien, végétalien...

90 recettes pour vous régaler en prenant soin de votre santé : burger de poulet aux herbes, anchois marinés au citron, galettes de courgettes et coco, cétopizza aux graines, brownie au cacao cru...

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