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Salimenter Autrement Pendant Ramadan

**Fouzia Rhissassi, Najāt Sabtī, Nufīсах
Lahmīl**

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Le guide complet du jeûne Nelly Aubaud Davies, Jason Fung, Jimmy Moore, Thierry Lestrade, 2017-11-30 Voici la bible du je ne Lisez et vous allez maîtriser une méthode thérapeutique utilisée depuis la nuit des temps pour retrouver la santé ou accéder un niveau supérieur d'énergie et de bien-être Bien mené le je ne produit des résultats tonnants il fait perdre la graisse en excès abaisse glycémie et cholestérol améliore la concentration ralentit le vieillissement Le Dr Jason Fung a prescrit avec succès un je ne plusieurs milliers de patients souffrant de surpoids de diabète de maladies cardio vasculaires et de cancer Dans ce livre il explique pourquoi et comment pratiquer un je ne y compris si on est en parfaite santé Le guide qui met le je ne la portée de tous Non je ne ne meurt pas de faim Non ce n'est pas dangereux Non vous n'allez pas être fatigué et vos muscles ne vont pas fondre Bien au contraire en suivant les conseils de ce livre vous ressentirez de tels bienfaits que vous intégrerez le je ne votre mode de vie Je ne deviendra une pratique tonnamment simple et souple car il existe une multitude de je nes et rien n'empêche de se faire plaisir en s'adaptant vous à adapter le je ne votre vie et non l'inverse Découvrez Les différents types de je nes intermittents tendus prolongés et comment choisir celui qui vous convient 4 protocoles précis assortis de conseils pratiques pour optimiser les résultats Des témoignages de succès thérapeutiques tonnants Une rubrique trucs astuces que boire comment gérer la fatigue comment passer outre la faim comment rompre le je ne etc 20 recettes pour s'alimenter sainement quand on opte pour le je ne intermittent Le Dr Jason Fung est néphrologue Toronto Canada Il a mis en place un programme nutritionnel intensif destiné soigner l'obésité le diabète avec le je ne Jimmy Moore est auteur et conférencier américain célèbre par son blog Livin La Vida Low Carb Ce livre développe la vision du je ne en le plaçant sur le terrain médical Thierry de Lestrade réalisateur du documentaire Le Je ne une nouvelle thérapie Arte Via découvertes

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