



S'alimenter autrement pendant Ramadan

Guides de recettes illustrées et conseils pratiques
pour mieux profiter du mois de jeûne



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 jeûne. Lisez et vous allez maximiser une méthode thérapeutique utilisée depuis la nuit des temps pour retrouver la santé ou accéder à un niveau supérieur d'énergie et de bien-être. Bien mené, le jeûne 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 à un jeûne plusieurs milliers de patients souffrant de surpoids, de diabète, de maladies cardiovasculaires et de cancer. Dans ce livre, il explique pourquoi et comment pratiquer un jeûne, y compris si on est en parfaite santé. Le guide qui met le jeûne à la portée de tous. Non, jeûner, ce n'est pas mourir 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 jeûne à votre mode de vie. Jeûner deviendra une pratique tonnamment simple et souple car il existe une multitude de jeûnes et rien n'empêche de se faire plaisir en s'adaptant le jeûne à votre vie et non l'inverse. Découvrez Les différents types de jeûnes 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 jeûne, etc. 20 recettes pour s'alimenter sainement quand on opte pour le jeûne intermittent. Le Dr Jason Fung est néphrologue à Toronto, Canada. Il a mis en place un programme nutritionnel intensif destiné à soigner l'obésité, le diabète et le jeûne. Jimmy Moore est auteur et conférencier américain célèbre par son blog *Living La Vida Low Carb*. Ce livre développe la vision du jeûne en le plaçant sur le terrain médical. Thierry de Lestrade réalisateur du documentaire *Le Jeûne* une nouvelle thérapie Arte Vidéo couvertes

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Women's spaces Fouzia Rhissassi, Najāt Sabtī, Nufisah Lahmīl, 2001

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