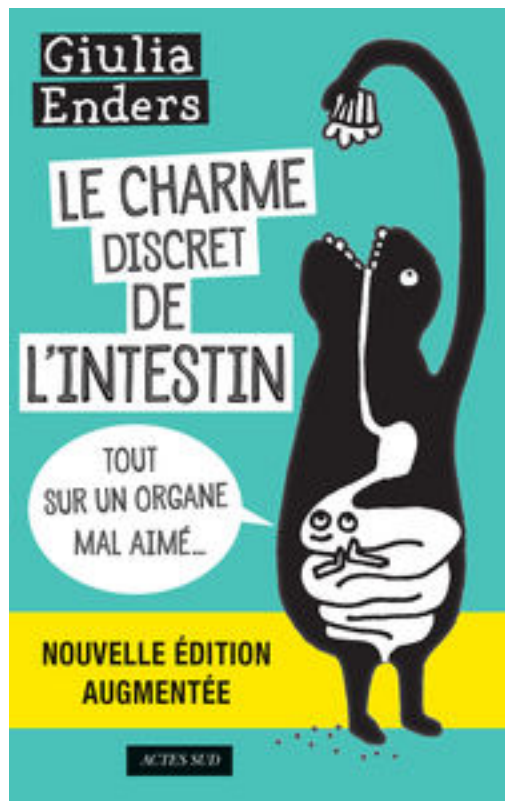


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Download or Read Online Le Charme discret de l'intestin (édition augmentée) Giulia Enders Free eBook PDF/ePub/Mobi/Mp3/Txt, Giulia Enders, jeune doctorante et nouvelle star allemande de la médecine, rend ici compte des dernières découvertes sur un organe sous-estimé. Elle explique le rôle que jouent notre "deuxième cerveau" et son microbiote (l'ensemble des organismes l'habitant) dans des problèmes tels que le surpoids, la dépression, la maladie de Parkinson, les allergies...

Illustré avec beaucoup d'humour par la sœur de l'auteur, cet essai fait l'éloge d'un organe relégué dans le coin tabou de notre conscience. Avec enthousiasme, Giulia Enders invite à changer de comportement alimentaire, à éviter certains médicaments et à appliquer quelques règles très concrètes pour faire du bien à son ventre.

Véritable phénomène de librairie, Le Charme discret de l'intestin s'est vendu à plus d'un million d'exemplaires en Allemagne et sera publié dans plus de trente pays.

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