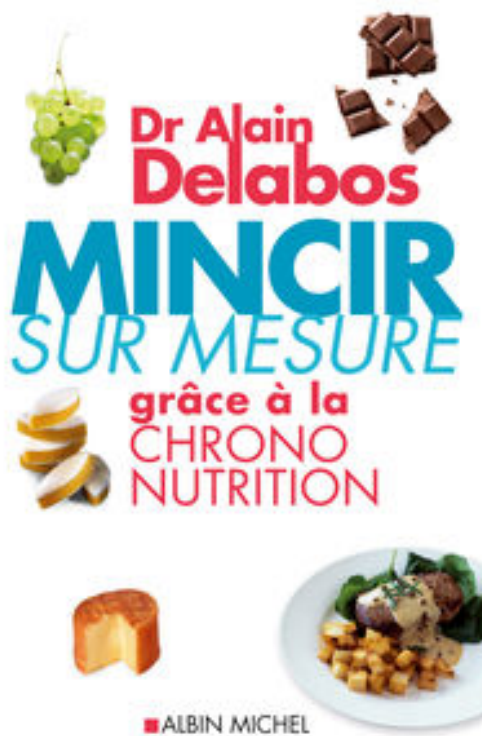


Download Mincir Sur Mesure Grâce à La Chrono-nutrition Romantic And Loving Novel Dr Alain Delabos Lire Livres PDF



Download or Read Online Mincir sur mesure grâce à la chrono-nutrition Dr Alain Delabos Free eBook PDF/ePub/Mobi/Mp3/Txt, Élaborée en 1986 par le Dr Alain Delabos et testée médicalement par l'équipe des scientifiques de l'IREN'S (Institut de recherche européen sur la nutrition et la santé), cette méthode révolutionnaire permet de mincir là où il faut et sans se priver.

Elle vous apprend à faire votre propre **évaluation morphologique**, afin de comprendre pourquoi vos kilos superflus sont localisés sur telle ou telle partie de votre corps et de corriger d'éventuelles erreurs.

Fondée sur le principe de la **chrono-nutrition**, cette méthode vous permet de consommer tous les aliments habituellement interdits par les régimes classiques... mais au bon moment.

Car tout aliment est bénéfique s'il est consommé en fonction de l'horloge biologique du corps. Ses principes essentiels peuvent ainsi parvenir jusqu'à leur site d'action cellulaire, alors que le même aliment, pris à un autre moment, s'oriente

vers une voie de stockage.

Nouveau : les aliments que vous pouvez augmenter à volonté : fromages le matin, viandes à midi, poissons et fruits de mer le soir.

Retrouvez naturellement une silhouette harmonieuse. Réintégrez dans votre quotidien fromage, pain, steak-frites, chocolat, amandes, noisettes. Recevez vos amis sans les mettre au régime. Succombez aux goûters sucrés.

Un livre unique, une méthode simple et efficace, plus de 50 recettes et idées-menus pour vos sorties et votre vie quotidienne.

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