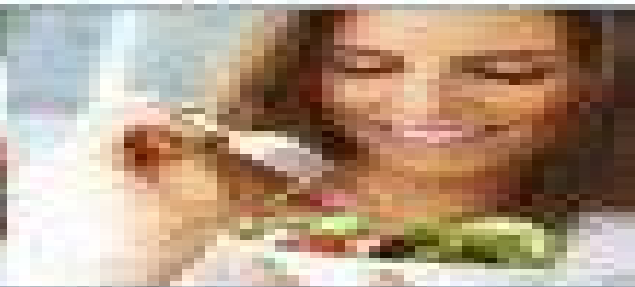
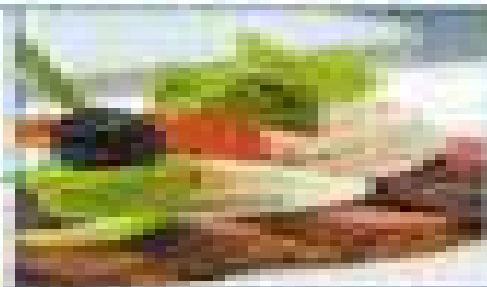
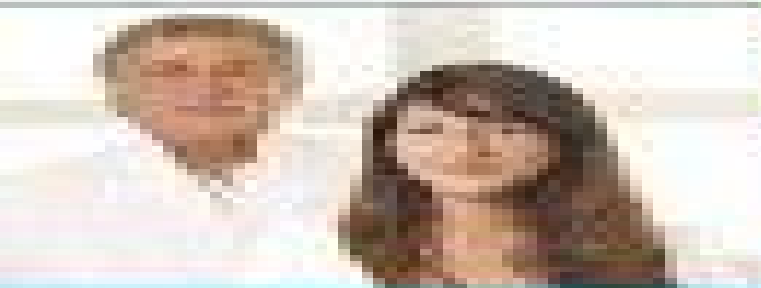


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DOCTEUR
DANIEL BENCHETRIT



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La Méthode Benchetrit Maigrir Pour La Vie

David Benchetrit, Ania Roizard



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La méthode Benchetrit - maigrir pour la vie David Benchetrit, Ania Roizard, 2011-01-27 LeDiet le régime qui réussit durablement parce qu'il respecte l'équilibre alimentaire Il a été classé 1^{ère} méthode d'amaigrissement sur Internet par la 1^{ère} association de consommateurs aux États-Unis Mis au point à l'hôpital Bichat depuis 1986 Vous souhaitez perdre du poids rapidement Vous ne voulez pas reprendre les kilos perdus après quelques semaines Vous souhaitez que le régime respecte vos goûts et vos habitudes Vous ne voulez pas d'un régime trop strict que vous ne tiendrez pas Vous êtes soucieux de votre santé et du bon équilibre nutritionnel Voici le livre que vous attendiez La méthode LeDiet a été mise au point par le Professeur Apfelbaum et le Docteur Benchetrit dans le cadre de l'hôpital Bichat à partir de 1986 Cette méthode destinée à l'origine aux diabétiques et aux personnes souffrant d'hypertension est basée sur l'analyse approfondie du comportement alimentaire d'un individu puis la élaboration d'un régime alimentaire qui respecte le plus possible ses goûts son style et son rythme de vie ses croyances sa culture et donc son budget tout en assurant un équilibre nutritionnel parfait En effet chacun sait que les régimes trop restrictifs hyperprotéinés et ne respectant pas l'individu ne peuvent être tenus bien longtemps et entraînent au contraire des baisses et des prises de poids en yo-yo La méthode LeDiet propose une approche de l'amaigrissement originale et prouvée par des millions de personnes La première partie de l'ouvrage propose un régime dur et limité qui consiste en un plan d'attaque pour déclencher une perte de poids rapide puis très vite un plan de transition au cours duquel sont réintroduits progressivement certains des aliments interdits dans le premier plan Dans la deuxième partie de l'ouvrage est proposé le plan de croisière Il s'agit alors de réellement mettre en place une hygiène de vie que l'on peut conserver toute sa vie car elle est adaptée et personnalisée On retrouve alors le plaisir de manger sans regrossir Ce que propose LeDiet c'est une perte de poids DEFINITIVE Car évidemment les fondamentaux de la nutrition sont respectés la lettre ce qui permet de préserver durablement son capital santé Au-delà des trois principales phases de la méthode Maigrir pour la vie propose dans sa dernière partie des notions d'alimentation et de nutrition faciles intégrer une série de profils spécifiques homme d'affaires trentenaire dynamique et pressé jeune maman femme ménopausée ou végétarien des menus hebdomadaires et journaliers adaptés chaque profil une vaste liste d'ingrédients équivalents chacun de ceux proposés dans les menus afin de varier les plaisirs pour une alimentation saine et goûteuse une centaine de recettes et des conseils de préparation des aliments Les 4 impératifs techniques de la méthode 1 Préserver le capital santé 2 Garder le plaisir de la table Privilégier les aliments et les plats préférés de chacun Conserver les repas en famille et entre amis 3 Éviter toute restriction calorique inutile mais adapter pour chacun le niveau calorique idéal pour atteindre l'objectif de poids 4 Accompagner quotidiennement chaque candidat à l'amaigrissement Cette méthode respecte l'individu dans toutes ses dimensions Elle ne le met jamais en danger contrairement beaucoup d'autres régimes hyperprotéinés à Dukan et autres et garantit des résultats probants *La méthode Benchetrit* David Benchetrit, Ania Benchetrit, 2011-01-27 Vous recherchez le régime qui vous fera enfin maigrir durablement tout en préservant votre capital santé La méthode présente

dans ce livre a t mise au point par le professeur Apfelbaum et le docteur Benchetrit dans le cadre de l'hôpital Bichat partir de 1986 Initialement destinée aux diabétiques et aux personnes souffrant d'hypertension elle est basée sur l'analyse approfondie du comportement alimentaire de l'individu pour élaborer un régime qui s'adapte à ses goûts et de son rythme de vie tout en lui assurant un équilibre nutritionnel parfait Un régime construit scientifiquement pour vous vous permettra de perdre enfin définitivement vos kilos en trop Pour cela 3 tapes ont été prévues la Phase Rapide pour perdre de 2 à 10 kilos en 1 à 3 semaines la Phase Totale pour perdre environ 5 kilos supplémentaires et bien consolider votre régime la Phase Définitive pour atteindre en douceur votre objectif de poids Après cela votre organisme aura définitivement intégré l'équilibre alimentaire et vous ne reprendrez plus jamais de poids Le concept est simple et prouvé scientifiquement Quelque 5 millions de personnes qui ont rempli avant vous le questionnaire sur www.ledietcare.fr l'ont essayé et approuvé Grâce à ce travail effectué dans un environnement médical vous êtes assurés de maigrir sans vous exposer aux risques pour votre santé relevés par l'ANSES Agence Nationale de Sécurité Sanitaire dans son rapport sur les différents régimes C'est toute la richesse de ce parcours qui se concentre dans cet ouvrage et recommandé par des médecins vous permettra enfin maigrir de manière efficace saine et durable

Le Diet, les recettes de la méthode Benchetrit David Benchetrit, 2012-05-10 On sait désormais que les régimes miracle n'existent pas et que des régimes équilibrés sont en réalité dangereux Pour perdre du poids sans risque et durablement il existe la Méthode Benchetrit Mise au point il y a 25 ans en milieu hospitalier elle s'appuie sur l'analyse du comportement alimentaire de chaque individu Pour la compléter retrouvez aujourd'hui 80 recettes illustrées mises au point par des chefs pour maigrir coup sur coup et faire de chacun de vos repas un vrai moment de plaisir Concoctez plus de 80 recettes spécialement élaborées pour la méthode Benchetrit dont le quart par des chefs réputés Pour vous aider concrètement suivre votre programme de perte de poids vous pourrez réaliser 80 recettes dont certaines ont été spécialement élaborées par des chefs tels que Marc Veyrat Patrick Charvet chef du restaurant de Voyageurs du monde Paris ou Pierre Yves Lorgeoux chef des Céléstins le restaurant de l'Etablissement thermal de Vichy ou il concocte quotidiennement des menus la fois légers et savoureux pour les curistes Regardez vous de ces quelque 80 recettes saines originales et gourmandes amplement illustrées qui vous feront fondre de plaisir Classées par types de plats ces recettes vous permettront d'élaborer des menus complets et variés Sauces froides Sauces chaudes Fonds de sauce Entrées et potages avec et sans matières grasses Viandes et volailles avec et sans matières grasses Poissons crustacés et coquillages avec et sans matières grasses Légumes et féculents avec et sans matières grasses Salades composées pizzas quiches et tartes salées avec et sans matières grasses Desserts base de fruits Desserts lactés Boissons rafraîchissantes cocktails

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