



Manger Juste Le Bons Sens Alimentaire

Siddappa N.Byrareddy



Manger Juste Le Bons Sens Alimentaire:

Mon guide d'équilibre alimentaire Dr Sophie ORTEGA LOEFF, 2010-04-21 Après toutes ces années passées à tester les régimes, le truc machin et chose, vous avez finalement compris. Les régimes ne servent rien. La seule et unique façon d'atteindre votre poids de forme est de connaître et comprendre comment notre corps fonctionne et fabrique son poids. Connaissez-vous vos besoins énergétiques quotidiens ? Si on vous dit Métabolisme de base, savez-vous de quoi on parle ? Graisses cachées ou graisses visibles, savez-vous les reconnaître ? Vous posez-vous la question de l'utilisation des calories ? Est-il plus facile de brûler des graisses ou des protéines ? Attention, on ne va pas vous faire un cours de maths ou de chimie, mais vous apprendrez de façon simple et imagée comment fonctionne votre chauffage interne. Grâce à ce petit guide du Dr Sophie Ortega Loeff, vous allez enfin comprendre comment fonctionne votre métabolisme, vous allez acquiescer des repères pour vous situer par rapport à un poids de référence selon votre taille et votre activité physique, et finalement, vous trouverez la motivation pour vous prendre en main. Pour vous en persuader, vous apprendrez notamment comment fonctionne votre corps. Qu'est-ce que le métabolisme énergétique total ? Quels sont les différents nutriments et leur rôle ? Pourquoi grossit-on parfois sans manger plus ? Comment mincir et stabiliser son poids ? Véritable coach, ce guide d'équilibre alimentaire vous encourage, mieux vous connaître et programmer et conserver durablement une alimentation équilibrée. Suivez le guide, vous découvrirez que manger n'est pas le problème, mais la solution pour conserver un poids idéal. À propos de l'auteur : Diplômée de la faculté de médecine de Montpellier, le Docteur Sophie Ortega Loeff est également diplômée de nutrition de la faculté Xavier Bichat Paris VII. Un livre publié par Ixelles éditions. Retrouvez-nous sur www.ixelles-editions.com. Contactez-nous à l'adresse contact@ixelles-editions.com.

L'alimentation intuitive Evelyn Tribollet, Resch Elyse, 2023-10-18 T00:00:00-04:00 Il existe bel et bien une méthode simple pour se libérer des régimes et faire la paix avec la nourriture. L'alimentation intuitive, qui consiste à manger sans restriction en suivant les signaux de son corps, vous aidera à réguler votre consommation et à développer une image de vous plus positive. Cet ouvrage exhaustif explique, entre autres, comment se débarrasser de la culture du régime, cesser le comptage des calories, respecter sa satiété et prendre soin de sa santé. En suivant les dix principes proposés par Evelyn Tribollet et Elyse Resch, vous trouverez plaisir et satisfaction dans vos choix d'aliments et montrerez une plus grande bienveillance envers vous-même. Enfin, débarrassé de la tyrannie de la nourriture, vous disposerez de toute la liberté nécessaire pour vous épanouir et atteindre vos rêves. Des conseils pratiques aussi prouvés que les meilleures recettes de cuisine pour intégrer l'alimentation intuitive à votre quotidien, et ce de façon durable.

L'alimentation Glucose Control Dr Pierre Nys, 2023-04-12 Trop de glucose dans le sang, c'est mauvais pour la santé. Quels que soient notre âge, notre sexe, nos habitudes, notre vie, notre niveau d'activité physique. En silence, jour après jour, le glucose abîme les cellules, les fonctions, les organes. En silence, jusqu'à ce que tout se détraque. Dans cet ouvrage, le Dr Pierre Nys vous propose tous ses conseils, recettes, astuces et son programme pour retrouver votre pleine santé en régulant votre glucose. Le glucose et votre santé en 97 questions et réponses. Pourquoi est-il important d'avoir un glucose stable ? glycémie

Comment faire pour garder un taux de glucose OK Qu est ce que l index glyc mique Pourquoi les aliments IG lev provoquent une hausse de glucose puis une hypoglyc mie Quel rapport entre glucose et beaut de la peau glucose et motions Les probl mes de sant li s un exc s de glucose de A Z acn cancer diab te de type 2 endom triose sommeil surpoids L ab c daire des aliments pour r duire le glucose ail amande champignons et pour chacun ses atouts Glucose control Votre programme pour equilibrer votre glyc mie en 4 semaines listes de courses menus recettes conseils activit physique 100 recettes Glucose control salade d aubergine taboul de chou fleur velout de brocoli coco mouclade l indienne carpaccio de veau aux noisettes tacos veggie nice cream La m thode du Dr Pierre Nys pour un parfait quilibre glyc mique pilier votre sant Le Dr Pierre Nys est endocrinologue nutritionniste ex attach des H pitaux de Paris et auteur de nombreux best sellers aux ditions Leduc dont Ma bible IG Ma bible z ro sucre Ma bible de l alimentation antidiab te **Le Correspondant** ,1882 L'Opinion ,1918

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