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# J'ARRÊTE

MARION KAPLAN

# LA MALBOUFFE !

21 jours  
POUR CHANGER



EYROLLES

# Jarrecircte La Malbouffe Jours Pour Changer

**Marion Kaplan**



## **J'arrête La Malbouffe 21 Jours Pour Changer:**

J'arrête la malbouffe ! Marion Kaplan, 2014-04-17 Un programme en 21 jours pour renouer avec la sainebouffe Vous n'en avez pas marre de ces aliments tellement transformés et dénaturés qu'ils n'ont plus rien à voir avec de la nourriture Et si votre fatigue vos insomnies vos migraines vos ballonnements taient provoqués par une intolérance alimentaire Stop à la fatalité Vous pouvez changer vos habitudes alimentaires grâce à Marion Kaplan Dans un langage d'expert et pédagogique elle vous livre le fruit de trente ans de recherche en bio nutrition et vous aide à adapter votre alimentation à vos besoins réels En 21 jours elle vous propose un programme choc sur mesure qui révolutionne la vision de votre assiette 21 chapitres pour changer liste de courses habitudes alimentaires et en finir avec certains ingrédients gluten Des tests pour faire le point Des exercices simples mettre en œuvre Des bilans et des méditations quotidiennes pour progresser en douceur Une prise de conscience salutaire sur la manière de se nourrir Quand manger rime enfin avec santé joie et bonheur Qui mieux que Marion Kaplan spécialiste de la nutrition consciente pouvait relever ce défi Elle nous donne les clés pour nous améliorer par une meilleure alimentation Dr Donatini Médecin gastroentérologue cancérologue immunologiste **J'arrête la malbouffe!** Marion Kaplan, 2014

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