

Les dix commandements de santé

Les bons plans de Marion

Marion **Kaplan**



jouvence
EDITIONS

Les Dix Commandements De Santeacute Les Bons Plans De Marion

Marion Kaplan



Les Dix Commandements De Santé Les Bons Plans De Marion:

Les dix commandements de santé : Les bons plans de Marion Marion Kaplan, 2014-05-14 Marion Kaplan bio nutritionniste bien connue spécialiste des maladies neurologiques et ancienne élève du Dr Catherine Kousmine nous livre ici ses dix commandements ou secrets de santé ceux mêmes qu'elle applique au quotidien qui lui donnent la paix d'enfer qu'on lui connaît Ces commandements relèvent du bon sens ils ne sont pas contraignants il faut juste se les remémorer et les mettre en pratique I Respirer en conscience II Manger sainement III Bouger IV Bien se connaître grâce à la génétique et l'exploration de l'histoire familiale V Lâcher ses attentes dues pour enfin devenir maître de son destin VI Savoir se pardonner soi-même pour en finir avec la culpabilité et s'aimer soi-même VII Sortir du triangle dramatique victime bourreau ou sauveur pour assumer une juste responsabilité vis-à-vis de soi et des autres VIII Résoudre ses conflits intérieurs qui sont souvent la cause de maladie IX Aimer l'autre comme soi-même X Pratiquer la pensée positive pour se créer la vie qu'on veut Voici dix ordonnances de vie saine et heureuse dont vous remercirez très vite la prescriptrice Marion qui est un peu notre Docteur Saint Bonheur Marion Kaplan est l'auteur d'une dizaine d'ouvrages sur l'alimentation La recherche du sens de la maladie l'a menée à faire des études approfondies sur la place de l'alimentation dans la maladie et la santé Elle a été deux fois décorée par la Société d'encouragement au progrès respectivement par Louis Leprince Ringuet et Yves Coppens Elle est aussi l'auteur de Alimentation sans gluten ni laitages et le coauteur de Rassurer son enfant pour la vie de Jouvence

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