

NORMAN WALKER

LE GUIDE DE

L'ALIMENTATION VÉGÉTARIENNE ET DES SALADES



Nouvelles Pistes Thérapeutiques

Le Guide De Lalimentation Veacutegeacutetarienne Et Des Salades

Norman Walker



Le Guide De L'alimentation Végétarienne Et Des Salades:

Le guide de l'alimentation végétarienne Norman Walker, 2018-04-20 Le docteur Walker nous offre dans cet ebook la fois un recueil de recettes savoureuses et originales et un guide nutritionnel mettre dans toutes les cuisines Il explique le fonctionnement de notre anatomie en toute simplicité et les bienfaits des fruits et des légumes crus tels que la Nature nous les offre Il taye les thés allant à l'encontre de la consommation de lait que tout le monde croit tortueusement bonne pour la santé humaine Que les sucres et les graisses soient néfastes n'est plus un secret pour personne mais ce livre nous enseigne également notre grand tonnement les méfaits de la nourriture cuite C'est une véritable éducation alimentaire mais simple et la porte de tous Que vous souhaitiez devenir végétarien crudivore pour votre santé ou pour toute autre raison vous trouverez dans ce livre des conseils simples pour vous alimenter correctement et intelligemment Vous apprendrez comment et pourquoi nettoyer votre organisme et nourrir et régénérer vos cellules en toute sécurité Tout comme la vie est dynamique magnétique et vivante la morte est statique non magnétique et inerte Il faut de la vie pour engendrer la vie et cela s'applique aux atomes de notre nourriture Quand les atomes des acides aminés sont vivants ils peuvent fonctionner efficacement Quand ils sont détruits par l'abattage d'un animal ou la cuisson de la nourriture les facteurs vitaux impliquant les atomes dans le fonctionnement des acides aminés sont perdus Quand la viande disparaît du régime la santé s'améliore le processus de nettoyage intérieur est plus efficace et entraîne une plus grande compréhension plus d'énergie de vigueur et de vitalité et un intellect plus ouvert voir la version papier sur le site de l'éditeur

Le guide de l'alimentation végétarienne et des salades Norman Walker, 2018-04-26

Le docteur Walker nous offre dans ce livre la fois un recueil de recettes savoureuses et originales et un guide nutritionnel mettre dans toutes les cuisines Il explique le fonctionnement de notre anatomie en toute simplicité et les bienfaits des fruits et des légumes crus

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