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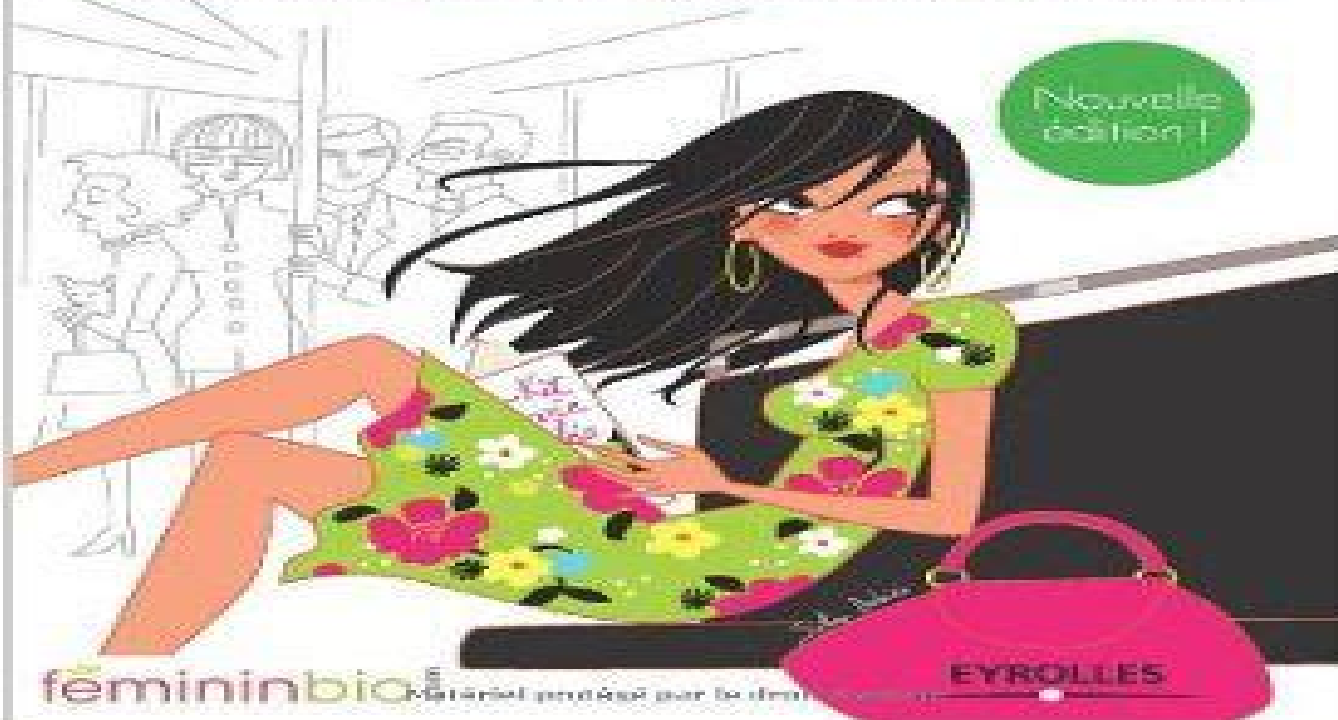
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Mini-Kit de survie de la nana bio

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Minikit De Survie De La Nana Bio

Marie Beuzard, Isabelle Delannoy



Minikit De Survie De La Nana Bio:

Mini-kit de survie de la nana bio Isabelle Delannoy, Marie Beuzard, 2013-01-10 Tous les bons plans bio chics et pas chers in the pocket Quelle lessive colorer utiliser quel label se fier Quels produits manger au meilleur moment Quel masque confectionner pour booster illico une chevelure fatiguée O partir en vacances Les auteurs d'un j complices lors d'une première édition vous font partager leurs astuces pour une pratique quotidienne du bio En plus de la mise à jour de leurs bons plans elles vous proposent un cahier spécial dans lequel elles dévoilent tous leurs secrets pour une bio attitude petit budget Depuis des années elles font rimer écologie avec forcément bon sens et créativité De janvier décembre vous y trouverez Des repères pour consommer et vivre au rythme des saisons Des astuces mode déco jardin consommation loisirs et vacances Des recettes naturelles faciles et économiques pour la cuisine la beauté la santé et la maison Pour toutes les femmes pressées qui ont plusieurs vies en une et qui veulent être bio sans se compliquer la vie *La santé du cerveau est dans votre assiette* Catherine Chegrani-Conan, 2011-07-07 Comment comprendre le fonctionnement de votre cerveau savoir quels sont ses besoins nutritionnels et ses ennemis apprendre bien manger pour conserver le plus longtemps possible sa jeunesse En bref comment optimiser vos apports alimentaires pour améliorer vos fonctions intellectuelles votre mémoire ou vos facultés d'apprentissage Ce guide indispensable foisonne de conseils d'informations concrètes et détaillées sur ce qui est bon pour votre santé en particulier pour celle de votre cerveau Eh oui tout ce que vous mettez dans votre assiette conditionne son bon fonctionnement Catherine Chegrani Conan vous entraîne donc dans l'exploration de cet organe complexe vous aide à identifier les aliments privilégiés et vous propose des recettes faciles pour le booster ou prévenir sa dégénérescence *Cancer du sein* Bérengère Arnal, Martine Laganier, 2011-07-07 Comment mieux accompagner et mieux vivre l'après cancer du sein mettre en place une hygiène de vie anti cancer comprendre et s'y retrouver dans les médicaments complémentaires et les solutions naturelles En bref comment prévenir ou mieux vivre la maladie en atténuant les symptômes douloureux des traitements Le Dr Bérengère Arnal et Martine Laganier offrent ici un véritable cadeau toute femme confrontée de près ou de loin cette maladie Il foisonne de pistes et de conseils pratiques pour faciliter les bons choix mieux s'alimenter agir sur son environnement faire de l'exercice gérer son stress être attentive aux médicaments que l'on prend etc Vous saurez aussi comment mieux supporter les traitements allopathiques chirurgie chimiothérapie radiothérapie etc grâce à la phytothérapie l'homéopathie l'oligothérapie ou l'aromathérapie Mini-kit de survie de la nana bio Beuzard. Marie, 2013 *Livres de France*, 2010 Includes 1982 1995 Les Livres du mois also published separately Mini-kit de survie de la nana bio Marie Beuzard, Isabelle Delannoy, 2009-12-03 Quelle lessive colorer utiliser quel label se fier Quels produits manger au meilleur moment Comment soigner un coup de soleil ou faire briller ses cheveux O partir en vacances Ce guide partage les pratiques quotidiennes de deux jeunes femmes actives spécialisées dans le développement durable Depuis des années elles font rimer écologie avec forcément bon sens économie et créativité Mois par mois vous y trouverez des repères naturels fruits et légumes de la saison les rendez-vous du mois les

normales saisonnières des recettes naturelles faciles et économiques pour la cuisine la beauté la santé la maison des astuces
mode d'ornementation jardinage vacances et loisirs Pour toutes les femmes pressées qui veulent être bio sans se compliquer la vie
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