

LA DETOX

Comment éliminer ses toxines et
préserver ses intestins



Christine Buchwald Malos

La Detox Comment Eacuteliminer Ses Toxines Et Preacuteserver Ses Intestins

Christine Buchwald Malos



La Detox Comment Eacuteliminer Ses Toxines Et Preacuteserver Ses Intestins:

La Detox Comment Eliminer Ses Toxines Et Preserver Ses Intestins Christine Buchwald Malos, 2013-11-23 La sante depend de notre alimentation mais aussi de l elimination de nos toxines D ou viennent elles et par quels mecanismes nous les eliminons Afin de detoxifier votre organisme et acquerir une vitalite vous trouverez differents programmes de detox acido basique et de revitalisation ainsi qu une liste de vitamines dont nous avons besoin de leurs fonctions et dans quels aliments sont elles presentes La sante des intestins est essentielle pour une bonne detoxication mais par quels moyens vous pouvez les preserver les probiotiques les prebiotiques ou certains aliments Pourquoi le gluten et le lactose sont ils nefastes pour la sante et pour nos intestins Les reponses a ces questions sont dans ce manuscrit ainsi que des exemples de programmes alimentaires sans gluten et sans lactose qui vous aiderons a preserver votre sante Et pour etablir votre CURE DE DETOX vous decouvrirez des listes d aliments de plantes detoxifiantes et des conseils d hygiene vitale

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