



Entre fourchette et baguettes: Plaisir et sagesse au menu (French Edition)

Dr Michel Jodoin

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Vivre plus longtemps tout en restant en bonne santé, grâce aux régimes alimentaires les plus sains au monde ! Cet ouvrage de Michel Jodoin Ac PhD étudie les habitudes alimentaires des peuples ayant l'espérance de vie la plus longue, jouissant d'une excellente santé et d'une exceptionnelle vitalité. L'influence de ces régimes alimentaires sur la santé des populations est elle même confirmée par les plus grandes recherches nutritionnelles et épidémiologiques à ce jour. Le fruit de ces recherches est un véritable guide pratique des traditions alimentaires des peuples ayant la plus grande longévité et la meilleure santé. De ces traditions culinaires très différentes, l'auteur a réussi à en tirer le point commun, qu'il met à la disposition de tous. Il en résulte ce livre proposant une explication, un guide pratique, et plus encore, plus de 440 recettes pour apprendre à mieux manger et parvenir à une meilleure santé. Grâce à un questionnaire détaillé, chacun pourra déterminer son "profil personnel", soit de type Vent, Feu ou Humidité afin d'adapter les habitudes alimentaires présentées à sa condition et suivre les recommandations spécifiques pour retrouver l'équilibre. Les lecteurs sont ainsi à même d'utiliser les recettes tout en comprenant les bienfaits de chacune pour sa propre santé. Un guide personnalisé pour explorer le plaisir et la sagesse au menu avec plus de 440 recettes rapides, faciles et savoureuses !

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