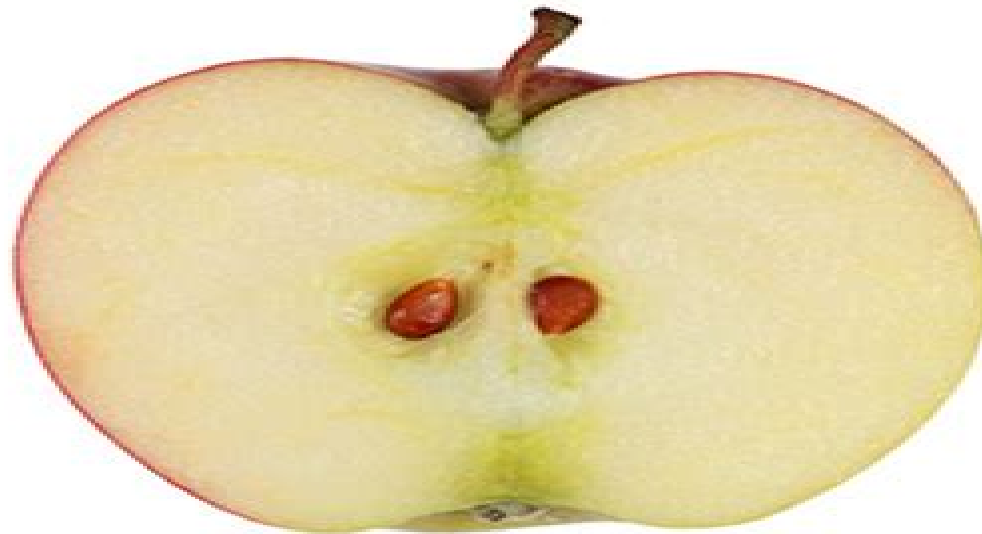


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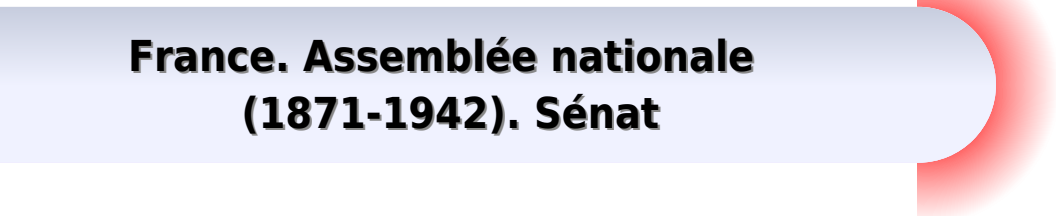
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ce nouveau livre **Les treize aliments indispensables à votre santé** Jean Dupire, 2015-10-22 Pour server sa santé en se nourrissant sainement et simplement base de produits de la terre procure un plaisir inégal condition d'y consacrer du temps. Aller à l'essentiel c'est aussi retrouver les fondements de la vie. L'homme est présent sur terre au sein d'une création dont il n'est pas le maître. Il en fait partie intégrante et il est temps qu'il s'en rende compte. Un animal cloné des organismes génétiquement modifiés de la main de l'homme, l'utilisation aussi insensée qu'excessive de pesticides et de fongicides détruisant faune et flore aux alentours d'une culture destinée à augmenter le profit de quelques uns sont des aberrations que les générations futures paieront un jour ou l'autre. Il est temps que nos enfants découvrent la cueillette des mûres et des cerises qu'ils arrosent des plantes mais aussi qu'ils apprennent à diversifier leur alimentation grâce à des parents conscients du défi qu'ils relevent. Cela nécessite plus de temps en cuisine et la campagne que devant un ordinateur. Nous sommes tous acteurs dans le maintien de l'équilibre écologique de la planète. J'ai choisi ici des végétaux simples et à mon choix sur des aliments et des condiments faciles à récolter dans un champ ou un jardin ou qu'on trouvera en pleine nature excellent prétexte pour une balade familiale. Notre conscience nous rappelle qu'il ne faut pas abuser des bonnes choses tant la récolte que la consommation. Tout est question d'équilibre.

Documents de séance, 1970 **J'arrête la malbouffe !** Marion Kaplan, 2014-04-17 Un programme en 21 jours pour renouer avec la saine bouffe. Vous n'en avez pas marre de ces aliments tellement transformés et d'additifs qu'ils n'ont plus rien à voir avec de la nourriture. Et si votre fatigue, vos insomnies, vos migraines, vos ballonnements taient provoqués par une intolérance alimentaire ? Stop à la fatalité. Vous pouvez changer vos habitudes alimentaires grâce à Marion Kaplan. Dans un langage d'expert et pédagogique elle vous livre le fruit de trente ans de recherche en bio nutrition et vous aide à adapter votre alimentation à vos besoins réels. En 21 jours elle vous propose un programme choc sur mesure qui révolutionne la vision de votre assiette. 21 chapitres pour changer liste de courses, habitudes alimentaires et en finir avec certains ingrédients gluten. Des tests pour faire le point. Des exercices simples à mettre en œuvre. Des bilans et des méditations quotidiennes pour progresser en douceur. Une prise de conscience salutaire sur la manière de se nourrir. Quand manger rime enfin avec santé, joie et bonheur. Qui mieux que Marion Kaplan spécialiste de la nutrition consciente pouvait relever ce défi ? Elle nous donne les clés pour nous améliorer par une meilleure alimentation.

Dr Donatini M. médecin gastro-entérologue, cancérologue immunologiste **Les Livres disponibles**, 2002 La liste exhaustive des ouvrages disponibles publiés en langue française dans le monde. La liste des éditeurs et la liste des collections de langue française.

Entraînement Concours ambulancier Jacqueline Gassier, Patrick Labis, Françoise Magère, Marie-Henriette Bru, 2012-01-01 Cet ouvrage propose un entraînement progressif et ciblé aux épreuves écrites et orales du concours d'entrée en écoles d'ambulancier. La preuve écrite d'admissibilité française et mathématiques. La preuve orale d'admission. Pour un entraînement aussi chaque chapitre offre l'essentiel du cours pour réviser de nombreux exercices progressifs et leurs corrigés détaillés pour s'évaluer sur des sujets types corrigés pour se placer en situation d'examen de nombreux conseils pratiques et méthodologiques pour acquiescer les bons réflexes. Cet ouvrage donne

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