



Changez d'alimentation (French Edition)

Henri JOYEUX, Fabrice MIDAL

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Chirurgien cancérologue et chirurgien des hôpitaux, professeur honoraire à la faculté de médecine de Montpellier, Henri JOYEUX a publié de nombreux ouvrages consacrés à la santé, et notamment à l'alimentation.

Notre organisme est heureusement très cohérent. Si nous lui donnons les bons aliments, nous avons le maximum de chances de rester en excellente santé. Quels sont alors les aliments à éviter ? Quels sont ceux qui, au contraire, peuvent nous permettre de préserver, voire d'améliorer notre santé ? Comment une bonne nutrition peut-elle freiner ou stopper les symptômes de nombreuses maladies ? Peut-on se protéger contre le cancer ? Et que penser du gluten, du lait et de la viande ?

Dans ce livre, le professeur Joyeux répond à toutes ces questions, et bien d'autres, et permet à chacun de savoir comment se nourrir. Un livre indispensable qui va changer votre vie.

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