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Docteur Éric Garbarz



Cuisine
**ANTI
CHOLESTEROL**
Diabète, hypertension, surpoids

Dans cet ouvrage, Eric Garbarz, cardiologue, vous livre des conseils pratiques et concrets pour prévenir les maladies cardio-vasculaires par une meilleure alimentation. Vous y trouverez également 222 recettes délicieuses et saines pour réconcilier bien-être et plaisir.

Eric Garbarz dirige le service de cardiologie de l'Hôpital Beaujon (Assistance Publique Hôpitaux de Paris). Ancien chef de clinique des hôpitaux, il est titulaire d'un DEA de physiologie cardiaque. Il collabore régulièrement à l'institut du coeur de Maputo (Mozambique) dans le cadre de "la chaîne de l'espoir".

Éditions
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222 RECETTES

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