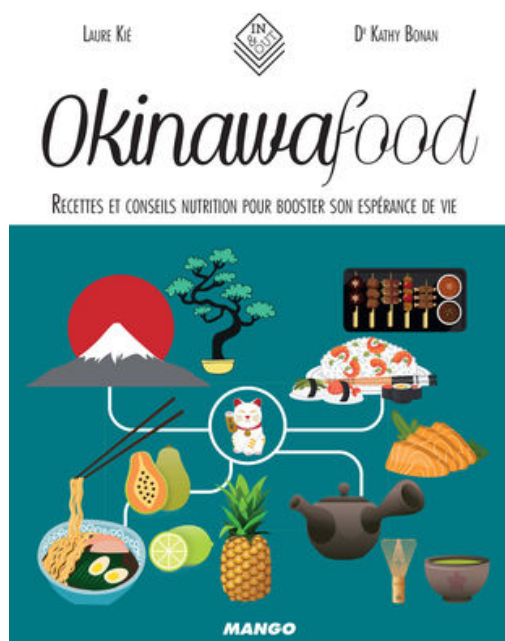


Télécharger Livres Gratuit Okinawa Food (PDF | ePub | Mobi) Laure Kié & Dr Kathy Bonan DataBase Book



Notre santé est le reflet de notre alimentation ! Sur l'île japonaise d'Okinawa vit le plus grand nombre de centenaires en bonne santé au monde ! Leur secret ? Une alimentation et un mode de vie spécifiques qui allient bon sens, simplicité, plaisir et solidarité !

Laure Kié et le docteur Kathy Bonan, vous livrent les secrets de cette longévité à travers un programme et des recettes. Découvrez « l'okinawafood », les aliments à favoriser, ceux à éviter, toutes les bases et des menus pour tous les jours. Votre corps vous dira merci !

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