

# Le Bootc Programme Minceur Reacutegimeminceurnutrition

**Valerie Orsoni** 

# Le Bootc Programme Minceur Reacutegimeminceurnutrition:

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Le Bootcamp Diet Valerie Orsoni,2015-02-02 Born and raised in Corsica Val rie Orsoni was overweight as a young adult Along with her father a chef who also suffered from weight issues she developed a programme of healthy living and eating where food itself in the form of delicious balanced recipes and detailed menu plans played a central role in reducing body fat With a highly motivational coaching style LeBootCamp Diet speaks to women and men who are short on time disillusioned by toxic mono diets and unwilling to sign up to a life of tasteless meals and forbidden foods Through three distinct phases Detox Attack and Maintenance Val rie shows how to cleanse the body of toxins attack stubborn body fat and cellulite speed up the process of weightloss when needed and finally adapt permanently to a lifestyle where the weight stays off the body is toned and energy soars Based on 4 fundamental scientific principles no forbidden foods because banning foods physicologically physiologically affects the metabolism body cleansing to counteract the effects of a sedentary lifestyle and get rid of the toxins accumulated sugar management balancing out your diet with low glycaemic and high fibre foods alkaline balancing limiting acidic foods and managing your body s pH levels to promote a health and energetic body

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