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réduit les sensations de faim, tout
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provenant de la nature.

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Il aide à la digestion et favorise la
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Les ingrédients naturels à l'œuvre
ont tous des effets bénéfiques.



804

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PROGRAMME

bio

TOUT-EN-1

30
JOURS



1 PERTE
DE POIDS

2 BRÛLE
GRAISSES

3 DRAINEUR

4 ÉNERGIE

Le Bootc Programme Minceur Reacutegimeminceurnutrition

Valerie Orsoni



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Le Bootcamp Diet Valerie Orsoni, 2015-02-02 Born and raised in Corsica Valerie 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 Valerie 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 physiologically 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 **Le BootCamp, programme minceur** Valérie Orsoni, 2015

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In a world consumed by screens and the ceaseless chatter of immediate connection, the melodic beauty and emotional symphony developed by the written term frequently disappear into the back ground, eclipsed by the relentless sound and disruptions that permeate our lives. Nevertheless, located within the pages of **Le Bootc Programme Minceur Reacutegimeminceurnutrition** a wonderful fictional prize brimming with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this captivating masterpiece conducts viewers on a psychological trip, skillfully unraveling the concealed tunes and profound influence resonating within each carefully crafted phrase. Within the depths of this touching analysis, we shall examine the book is main harmonies, analyze their enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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