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# Mes Recettes Antiinflammatoires Les Miniguides Ecolibris

**Damien Galtier**



## **Mes Recettes Antiinflammatoires Les Miniguides Ecolibris:**

Mes recettes anti-inflammatoires Damien Galtier, 2011-05-11 Votre alimentation est votre pr occupation n 1 pour rester en bonne sant Vous avez raison Elle permet de lutter efficacement contre des maux chroniques l inflammation par exemple K zako L inflammation est une r ponse naturelle de l organisme destin e faire face une agression quelle que soit son origine m canique comme un traumatisme articulaire ou musculaire chimique comme une infection ou immunologique comme les allergies C est le prix payer pour que votre syst me immunitaire vous d fende Mais lorsque la r action immunitaire est anormalement permanente il en r sulte une inflammation sous jacente chronique pouvant entra ner des probl mes divers Du coup si l inflammation est un ph nom ne naturel et utile il faut galement faire en sorte qu elle ne s installe pas dans la dur e Et ce que nous mettons dans notre assiette intervient au tout premier plan Il ne fait plus de doute qu une mauvaise alimentation abus d aliments raffin s de gras hydrog n s de calories vides donc sans vitamines poss de sa part de responsabilit dans la survenue des maladies inflammatoires tout comme il est galement prouv que certains aliments poss dent des effets anti inflammatoires gr ce leurs constituants sp cifiques om ga 3 vitamines et oligo l ments antioxydants probiotiques poly ph nols tels les anthocyanines ou les flavono des Ce livre vpus propose des modifications simples concr tes et pratiques l alimentation afin de r duire de mani re consid rable et sans traitement de choc les risques de maladies attribuables une inflammation chronique c est dire la majorit des maladies modernes des gros plans sur les aliments anti inflammatoires curcuma tomate coriandre maquereau riz complet kiwi 130 recettes d entr es plats et desserts pour lutter contre le vieillissement d toxifier l organisme tout en se faisant plaisir A propos de l auteur Di t ticien Nutritionniste au Centre Hospitalier Fr d ric Henry Manh s 91 Damien Galtier est ducateur th rapeutique et auteur de plusieurs livres sur la di t tique et la sant dont le best seller Recettes minceur au son d avoine agar agar et autres mod rateurs d app tit chez Ixelles ditions Un livre publi par Ixelles ditions Retrouvez nous sur [www.ixelles-editions.com](http://www.ixelles-editions.com) email contact [ixelles-editions.com](mailto:ixelles-editions.com)

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