



Entre Fourchette Et Baguettes: Plaisir Et Sagesse Au Menu (French Edition)

Michel Jodoin

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Un tour du monde gourmand des plus grandes traditions alimentaires favorisant la vitalité, la longévité et la santé optimale : Japon - Chine - Inde - Vietnam - Thaïlande - Crète - Grèce - Italie - Provence • Explorez les secrets de santé de la cuisine asiatique et méditerranéenne ! • Découvrez les meilleures recommandations alimentaires en fonction des plus grandes recherches nutritionnelles ! • Apprenez à adapter chacune de ces recommandations à votre condition personnelle à l'aide de la médecine traditionnelle orientale ! En appliquant les principes de ce livre vous pourrez : • Exprimer votre pleine vitalité ! • Savourer la santé ! • Offrir une résistance à la maladie ! • Ralentir le vieillissement ! Un guide pratique pour explorer le plaisir et la sagesse au menu avec plus de 440 recettes rapides, faciles et savoureuses !

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