

Les 7 règles de base pour mincir durablement

Efficacement, sans frustration et de façon naturelle

YVES PONROY

C'est à chacun de trouver son poids idéal, sans régime et sans frustration. Il suffit de suivre sept règles simples qui associent joie de vivre et bonne santé. Perdre du poids durablement est plus facile que vous ne le pensez. Il convient seulement de corriger les points noirs et les zones dangereuses de votre hygiène de vie.

1. Retrouvez le plaisir de manger / 1
2. Choisissez bien huiles et graisses / 2
3. Fuyez les sucres rapides / 3
4. Apprenez à choisir vos protéines / 5
5. Fruits et légumes à volonté ! / 6
6. Buvez à votre santé ! / 7
7. Bougez beaucoup et dormez bien ! / 7



Excuses Maigrir Suite Rapidement Durablement Ebook

R Sandford



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