



Croquez la vie: L'alimentation vive en 52 aliments (ARTICLES SANS C) (French Edition)

Diane de Brouwer, Pol Grégoire

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52 idées pour se nourrir plus sainement et faire le plein de vitalité sans pour autant bousculer radicalement ses habitudes !

Dans la balade nutritionnelle que vous propose ce livre, vous apprendrez semaine après semaine à vous alimenter sainement sans pour autant renoncer au plaisir des papilles. L'Alimentation Vive, mode de nutrition à la fois diététique et gastronomique, vous aidera à maintenir ligne parfaite et vitalité débordante, tout en restant le plus grand des gourmands ! « *Telle est l'ambition de ce livre: ébaucher des retrouvailles entre l'homme et la nature, plus exactement celles de l'humain avec sa nature, en considérant autrement 52 produits de tous les jours.* »

Diane de Brouwer et Pol Grégoire ont la même vision de l'alimentation et s'associent au travers de ce guide pratique pour partager leurs conseils en nutrition.

A PROPOS DES AUTEURS

Diane de Brouwer est journaliste et nutrithérapeute. Elle anime régulièrement des ateliers de Sagesse Gourmande et donne des conférences au sujet de l'alimentation vive.

Pol Grégoire est cuisinier philosophe passionné de nutrition intelligente et fondateur du concept d'Alimentation Vive. Son credo: apporter plus d'années à la vie et plus de vie aux années.

A PROPOS DE L'ÉDITEUR

Soliflor est une maison d'édition à l'ambiance familiale où germent des idées à foison, rassemblées en de petits livres carrés et colorés, balayant des thématiques variées centrées sur l'art de vivre, de la cuisine au jardin, en passant par toutes les autres pièces de la maison. Oui, les thèmes sont ceux de la vie quotidienne, que nous aimons appréhender de la façon la plus naturelle et respectueuse possible.

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