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PETITS PLATS SAVOUREUX CONTRE LE REFLUX



THIERRY SOUCCAR, 2018. Paperback. Condition: NEUF. Le Dr Martine Cotinat est gastro-entérologue, spécialiste du reflux. Dans ce livre, elle explique comment, sans médicament, en modifiant simplement son alimentation on peut se débarrasser du reflux gastro-oesophagien, un problème qui empoisonne la vie d'un Français sur trois. Après avoir expliqué rapidement ce trouble digestif et ses origines, l'auteur décrit les grandes règles alimentaires à respecter : Apporter des aliments protecteurs. Limiter les aliments qui agressent (café, soda, excès de laitages.). Privilégier les...

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- Authored by Cotinat, Martine
- Released at 2018



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