

SUPERALIMENTS BONHEUR

Pour garder le sourire et être de bonne humeur

Baisse de moral, irritabilité, manque d'énergie, insomnie... N'attendez pas pour réagir. Découvrez comment votre alimentation peut influencer votre humeur et diminuer les symptômes de la dépression.

Cet ouvrage présente :

- **20 superaliments** reconnus pour réguler l'humeur, prédisposer au bien-être, prévenir les états dépressifs, calmer l'anxiété ou favoriser un bon sommeil;
- **plus de 50 recettes** élaborées par des nutritionnistes : smoothie à la banane et au thé vert, potage d'asperges, salade niçoise aux sardines et aux épinards, croustilles de betterave, pain de saumon aux légumes et aux fines herbes, palourdes à la portugaise, boulettes de lentilles aux noix de Grenoble, frites de patates douces au four, dessert chocolaté à la menthe, gâteau cru aux noix du Brésil, etc.

Apprenez à tirer le meilleur parti de votre alimentation : du choix des aliments aux différents modes de préparation et de cuisson pour préserver les vitamines, les minéraux et autres nutriments.

Superaliments bonheur : tout ce qu'il faut savoir pour garder le sourire et être de bonne humeur.



Elisabeth Cerqueira et Marise Chamon sont des nutritionnistes chevronnées, membres de l'Ordre professionnel des diététistes du Québec. Auteures de plusieurs ouvrages à succès, elles contribuent à rendre la nutrition accessible au plus grand nombre. En 2010, Elisabeth et Marise ont cofondé NutriSimple, un réseau qui regroupe aujourd'hui plus de 30 cliniques privées de nutrition à travers le Québec.

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Superaliments Bonheur Elisabeth Cerqueira

Elisabeth Cerqueira, Marise Charron



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Embracing the Song of Expression: An Psychological Symphony within **Superaliments Bonheur Elisabeth Cerqueira**

In some sort of eaten by displays and the ceaseless chatter of fast conversation, the melodic splendor and emotional symphony created by the prepared word usually fade into the backdrop, eclipsed by the constant sound and interruptions that permeate our lives. But, located within the pages of **Superaliments Bonheur Elisabeth Cerqueira** an enchanting literary value brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by a wonderful composer of language, this captivating masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed tunes and profound affect resonating within each cautiously crafted phrase. Within the depths of this touching examination, we shall discover the book is central harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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