

| L'ALIMENTATION
FONCTIONNELLE



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VERS UNE SANTÉ OPTIMALE

Mon parcours et ma quête pour une solution durable

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CHAPITRE 1. QU'EST-CE QUE L'ALIMENTATION FONCTIONNELLE ?

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Les calories ne sont que de l'énergie

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CHAPITRE 2. LES PRINCIPES DE L'ALIMENTATION FONCTIONNELLE

1. Éviter les aliments irritants, inflammatoires ou toxiques

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2. Prioriser les aliments riches en vitamines, en minéraux, en probiotiques et en prébiotiques

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CHAPITRE 3. L'IMPORTANCE DE L'ATTITUDE

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