### Krisprolls Bon Ou Mauvais

### **Dr Pierre Nys**

L'alimentation Glucose Control Dr Pierre Nys,2023-04-12 Trop de glucose dans le sang, c'est mauvais pour la santé. Quels que soient notre âge, notre sexe, nos habitudes, notre vie, notre niveau d'activité physique. En silence, jour après jour, le glucose abîme les cellules, les fonctions, les organes... En silence, jusqu'à ce que tout se détraque. Dans cet ouvrage, le Dr Pierre Nys vous propose tous ses conseils, recettes, astuces et son programme pour retrouver votre pleine santé en régulant votre glucose. • Le glucose et votre santé en 97 questions-réponses : Pourquoi est-il important d'avoir un glucose stable (= glycémie) ? Comment faire pour garder un taux de glucose « OK » ? Qu'est-ce que l'index glycémique ? Pourquoi les aliments à IG élevé provoquent une hausse de glucose puis une hypoglycémie ? Quel rapport entre glucose et beauté de la peau ? glucose et émotions ?... • Les problèmes de santé liés à un excès de glucose, de A à Z : acné, cancer, diabète de type 2, endométriose, sommeil, surpoids... • L'abécédaire des aliments pour réduire le glucose : ail, amande, champignons... et, pour chacun, ses atouts Glucose control. • Votre programme pour équilibrer votre glycémie en 4 semaines : listes de courses, menus, recettes, conseils, activité physique... • 100 recettes Glucose control : salade d'aubergine, taboulé de chou-fleur, velouté de brocoli coco, mouclade à l'indienne, carpaccio de veau aux noisettes, tacos veggie, nice cream... La méthode du Dr Pierre Nys pour un parfait équilibre glycémique, pilier votre santé Le Dr Pierre Nys est endocrinologue-nutritionniste, exattaché des Hôpitaux de Paris et auteur de nombreux best-sellers aux éditions Leduc, dont Ma bible IG, Ma bible zéro sucre, Ma bible de l'alimentation antidiabète.

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