

STEFANO MOMENTÈ  
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# Manger cru et sain

recettes pour une alimentation saine et équilibrée



# Manger Cru Et Sain Mon Premier Livre De Crusine Vivante

**Myriam de Mahé**



## **Manger Cru Et Sain Mon Premier Livre De Crusine Vivante:**

**Manger cru et sain** Stefano Momentè, Sara Cargnello, 2014-05-03 Nouvelle dition Voici le guide tant attendu de tous ceux qui souhaitent connaître et mettre en pratique les préceptes de la véritable alimentation naturelle Chaque page apporte des conseils utiles aussi bien ceux qui ont déjà adopté le mode de vie crudiste Raw Food qu'ceux qui recherchent des recettes permettant d'allier une alimentation saine et équilibrée la vie en société et aux repas pris en compagnie Mais encore des informations sur le crudisme sa naissance et son histoire sur les choix alimentaires et les motivations qui en sont la base sur les combinaisons alimentaires et la détoxination

**Cuisiner cru et vivant** Charlotte Blondel, 2022-10-12T00:00:00+02:00 Un guide pour découvrir l'incroyable variété gustative de la crusine une alimentation vivante composée d'aliments crus sous toutes leurs formes jus de légumes soupes tisanes des pains crackers et pâtisseries crus graines germées laits végétaux boissons et bocaux fermentés Mettre plus de vie dans son assiette permet de concilier santé plaisir et gourmandise

*La crusine* Myriam de Mahé, 2021 Que l'aliment soit ton seul remède Myriam de Mahé a fait sienne cette maxime d'Hippocrate Consomme crus les aliments conservent l'ensemble de leurs qualités nutritionnelles et gustatives La crusine offre une manière de se nourrir vivante et saine pratique économique et légère pour le système digestif tout en étant suffisamment énergétisante Myriam de Mahé en propose des recettes simples créatives et colorées

**Les Secrets de l'alimentation vivante** Jacques-Pascal Cusin, 2012-02-08 Graines germées végétaux crus aliments complets condiments pices jus de pousses et de légumes algues huiles de première pression froide aliments déshydratés et lactofermentés plats élaborés à partir d'une grande diversité végétale constituent la base de ce mode d'alimentation que l'on appelle alimentation vivante De plus en plus de traiteurs de restaurateurs et d'hôtels proposent des alternatives vivantes ou crues aux plats classiques Des adresses réputées et des enseignes d'envergure internationale s'y intéressent La presse n'hésite plus se faire choquer d'un cru gourmand hdoniste et branché promu par certaines stars internationales Enfin la nutritionniste anti-géa adopte certains fondements de l'alimentation vivante qui regorge de micronutriments de principes actifs et d'antioxydants Ce livre s'articule autour de deux axes Sur la base des connaissances les plus actuelles l'auteur présente les principes les spécifiques les vertus et les déclinaisons de l'alimentation vivante En parallèle il met en exergue la nécessité et la pertinence d'une approche écologique et durable de ce type d'alimentation bio local de saison ce titre de nombreux conseils et quelques réflexions viennent soutenir son propos En bonus des recettes gourmandes

**Cuisine crus** Irena [VNV] Banas, 2019

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