



qui a peur du grand méchant lait ? - mythes ou réalités des allergies cachées

By Taty

AMYRIS, 2008. soft. Condition: NEUF. Le lait et ses dérivés détiennent une place considérable dans notre alimentation. Dans ce livre, Taty propose des réponses aux questions que nous nous posons tous. Faut-il consommer des laitages tous les jours. ou les exclure radicalement ? Le lait : pour qui et quand ? Elle fait le tri dans le fouillis de suppositions, amalgames et contrevérités scientifiques qui caractérisent ce domaine. Elle fait le point sur la vraie nature du lait, pour vous réconcilier avec cet aliment ancestral. - Nombre de page(s) : 160 - Poids : 200g - Genre : Alimentation, Diététique, Régimes.



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