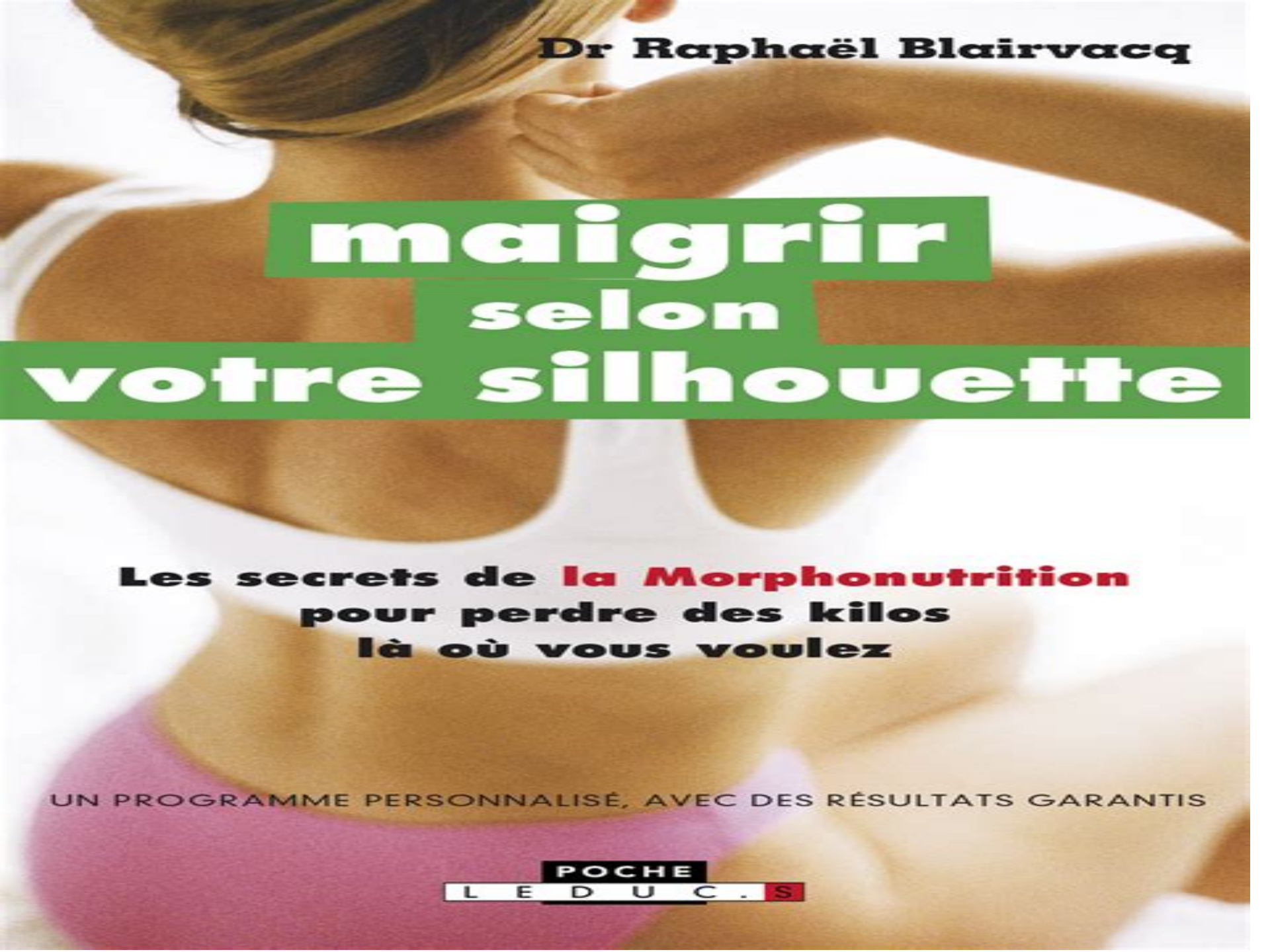




Dr Raphaël Blairvacq

maigrir selon votre silhouette

**Les secrets de la *Morphonutrition*
pour perdre des kilos
là où vous voulez**

UN PROGRAMME PERSONNALISÉ, AVEC DES RÉSULTATS GARANTIS

POCHE
L E D U C . S

Maigrir Selon Votre Silhouette Morphonutrition

Laura Detox



Maigrir Selon Votre Silhouette Morphonutrition:

Maigrir selon votre silhouette Raphaël Blairvacq, 2015-11-10 Les secrets de la Morphonutrition pour perdre des kilos l o vous voulez Pourquoi 95 % des r gimes sont ils inefficaces Et pourquoi perd on pr cis ment des kilos l o on ne voudrait pas alors qu ils s accrochent l o on essaie de les d loger La r ponse est simple parce qu on s obstine vouloir faire maigrir tout le monde de la m me fa on alors que nous sommes tous diff rents Avec ce livre adoptez enfin le r gime fait pour vous D terminez d abord votre profil kilos en trop en vous identifiant parmi les 8 grands types de silhouettes gr ce des dessins Ensuite laissez vous guider et d couvrez la solution qui vous convient votre r gime sur mesure avec des menus et des recettes votre programme sportif illustr des t moignages des conseils esth tiques et d hygi ne de vie selon votre profil pour ne jamais reprendre les kilos perdus En bonus un calendrier des fruits et l gumes pour toujours les choisir de saison les meilleurs aliments hyperprot in s les aliments privil gier ou limiter en fonction de leur teneur en sel les modes de cuisson adopter et fuir Ce livre est la nouvelle dition de l ouvrage du m me titre paru en 2011 Maigrir selon votre silhouette Raphaël Blairvacq, 2011-02-01 Pourquoi 95 % des r gimes sont ils inefficaces Et pourquoi perd on pr cis ment des kilos l o on ne voudrait pas alors qu ils s accrochent l o on essaie de les d loger La r ponse est simple parce qu on s obstine vouloir faire maigrir tout le monde de la m me fa on alors que nous sommes tous diff rents Avec ce livre adoptez enfin le r gime fait pour vous D terminez d abord votre profil kilos en trop en vous identifiant parmi les 8 grands types de silhouettes gr ce des dessins Ensuite laissez vous guider et d couvrez la solution qui vous convient votre r gime sur mesure avec des menus et des recettes votre programme sportif illustr des t moignages des conseils esth tiques et d hygi ne de vie selon votre profil pour ne jamais reprendre les kilos perdus En bonus un calendrier des fruits et l gumes pour toujours les choisir de saison les meilleurs aliments hyperprot in s les aliments privil gier ou limiter en fonction de leur teneur en sel les modes de cuisson adopter et fuir **Livres hebdo** ,2006 **Livres de France** ,2006 *Perdre du Poids* Laura Detox, 2017-08-29 *Perdre Poids* Un manuel qui va changer votre vie Profitez De La Sensation Que Vous Procure La Vision D un Ventre Plat Dans Votre Propre Miroir Avez vous d j fait un r gime pour perdre du ventre rapidement part cette sensation de faim constante et de la frustration avez vous tout de m me r ussi perdre vos kilos La perte gras demande de fournir des efforts Vous vous privez durant plusieurs semaines dans l espoir de perdre quelques kilos et finalement votre d ception est la hauteur de vos esp rances Et si vous pouviez conna tre les techniques pour perdre efficacement vos kilos superflus Encore mieux et si vous pouviez apprendre maigrir sans faire un r gime Accepteriez vous de d couvrir ces conseils La perte de poids ne doit plus tre un sacrifice La perte de graisse ne doit plus tre un sacrifice Ce guide in dit est un concentr d informations utiles Les questions vous poser avant de d marrer le moindre r gime Quel travail devez vous r aliser en premier Les erreurs sont nombreuses ce stade D ailleurs c est la principale raison pouvant entra ner un chec Pourquoi n est il pas toujours judicieux d utiliser une balance Les grands principes pour perdre du poids De nombreuses personnes les n gligent Le r sultat est que 95

% des personnes reprendront tous leurs kilos Comment ce guide peut il vous aider Maintenant je suis sûr que vous avez compris l'importance de modifier vos mauvaises habitudes alimentaires et qu'il est temps de reprendre de bonnes bases pour limiter les kilos présents autour de votre taille Il est tout fait naturel de souhaiter cartonner les méthodes dites miracles De toute manière elles ne fonctionnent pas et elles peuvent même engendrer des complications comme l'a montré l'agence nationale de la santé dans un rapport paru fin 2014 L'expertise montre que les régimes amaigrissants pratiqués sans recommandation ni suivi d'un spécialiste très largement diffusés auprès du public dans le commerce et sur Internet présentent des risques pour la santé plus ou moins graves C'est pour cette raison que le guide Perdre du poids a été écrit Une fois que vous l'aurez en main vous pourrez enfin manger votre convenance tout en cartonnant vos kilos superflus Vous n'aurez plus craindre de prendre du poids De plus vous n'aurez pas de changements radicaux à faire Ainsi les conseils seront simples suivre pour vous et votre famille Recevez dès maintenant votre copie de Perdre du poids Perdre du poids est un sujet au cœur de nombreuses discussions magazines missions etc Plus d'une personne sur 2 est en surpoids Par conséquent les astuces présentes dans ce rapport vous seront d'une grande aide pour retrouver une silhouette svelte ou athlétique suivant votre objectif Faites Diffuser et Recevoir Votre Copie Maintenant

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