

Livre Le fasting Thierry Souccar Editions Le Fasting est une forme de jeûne intermittent qui réveille votre métabolisme, simplement en espaçant les repas Ultra efficace pour perdre du poids et vivre plus longtemps. Fasting Wikipedia Fasting is the willing abstinence or reduction from some or all food, drink, or both, for a period of time. An absolute fast or dry fasting is normally defined as abstinence from all food and liquid for a defined period, usually hours, or a number of days. Eat STOP Eat Maybe you've felt this too You start out strong You're confident this time you're going to lose the weight and keep it off You pick a diet and dig in. Fasting Regimens Intensive Dietary Management IDM A quick survey of the different fasting regimens available. 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