



Nothing is Forbidden! Especially at the table!

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A practical guide stuffed with advice and examples, summing up years of research and scientific studies on the subject of nutrition.

How do our digestive systems work? Should we avoid dairy, gluten, meat, sugar, or fat? This work sums up and streamlines various diets without bias. Christophe Duhamel, founder of Marmiton (France's n°1 cooking site) has been passionate about cuisine and nutrition for 15 years, and has a motto: nothing is off-limits! The key is experimenting to find out what best suits you. Finally, an accessible, down-to-earth book that, instead of increasing anxiety, promotes common sense and pleasure!

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