



Make Peace with your Plate

The Right Weight, according to a Naturopath to the Stars

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Naturopathy provides the keys to a lifestyle that reconciles body and mind.

Founded on knowledge of human physiology, naturopathy enables every individual to find their natural balance by giving them the necessary self-confidence to achieve it. A diet adapted to our individual constitution, based on a food's glycemic index and the mechanisms of hunger and digestion; eliminating toxins through mono diets; managing emotions; physical exercise--these are some of the topics this book covers. Filled with striking examples, it takes readers on a journey toward well-being, ideal weight, energy, and enthusiasm through an ultra-positive and healthy style of living.

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