



Date : 02/03/2022

Pages : 191

Format cm : 21 x 25

Prix : 17.9

EAN : 9782226459282

Simple & Natural

Recipes and Rituals for Well-Being in Every Season

Authors: Clémence Catz (Text) - Linda Louis (Photographer)

Publisher : Albin Michel

Category : Practical Books

Genres : Well-Being/Self-Help - Food and Drink

Keywords : Harmony - Spirituality - Yoga - Diet - Daily life

Laurence Badot, Foreign Rights

"Dive into these painterly photos, an invitation to life's pleasures, inner joys. A fount of Ayurvedic advice, information, and discovery: East and West wedded for every season of the year, of life."

Taking a naturopathic approach, Clémence Catz counsels us on diet, health, and fitness.

Each chapter corresponds to a season, featuring dietary advice and "slow food" recipes that will provide health and energy. As a bonus, physical exercises (yoga positions), a focus on healing practices (massage with oil, plant remedies), and interviews with professionals (naturopath, beekeeper, organic farmer) committed to making the world a better place.
