



Date : 13/03/2025

Pages : 192

Format cm : 18 x 24

Prix : 18.0

EAN : 9782073106261

Treating Dysbiosis Through Diet

Cooking to Restore Intestinal Harmony

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Publisher : Gallimard Loisirs

Category :

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

Keywords : Health - Dysbiosis - Cooking

Learn how dysbiosis impacts your health, and restore your intestinal equilibrium with these 70 easy, delicious recipes, from salmon with herbs to irresistible cinnamon rolls!

Did you know that your overall health depends on having a healthy gut? Dysbiosis is an imbalance in intestinal bacteria, which can weaken your intestinal wall and trigger inflammation, but also affects mood and can cause migraines or osteoarthritis. To improve your diet, this book includes an introduction about dysbiosis and 70 delicious, easy-to-prepare recipes such as chicken cottage pie, crunchy asparagus with almonds, salmon with fresh herb sauce, and irresistible cinnamon rolls!
