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Eating Well, Feeling Good

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Dr. Jimmy Mohamed reveals keys for an improved diet.
Eating well means living well!

After the success of the *Zéro Contrainte* series, Jimmy Mohamed returns to the fascinating theme of nutrition, which has made him popular on social media (over 3 million followers on Instagram and TikTok). Which foods boost your mood? What should you eat to sleep well, age well, maintain a healthy weight, and still enjoy your food? Should you take dietary supplements? Is intermittent fasting beneficial? In short, Jimmy Mohamed answers all the questions we ask ourselves about eating better and feeling better.
