

Dr Brigitte Houssin

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Le taux santé optimal



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Vitamine D Mode Demploi

Brigitte Houssin



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CoQ10 - La vitamine du coeur et de l'énergie Brigitte Karleskind, 2015-07-17 Un antioxydant puissant et un activateur de la production d'énergie voici les deux propriétés de la Coenzyme Q10 Synthétisée naturellement par notre organisme cette molécule contribue au bon fonctionnement du cœur du cerveau des muscles du système immunitaire Parce que nous produisons moins de CoQ10 en vieillissant alors que nos besoins augmentent il faut envisager de recourir des suppléments après 40 ans partir des toutes dernières études ce livre vous dit dans quelles situations la CoQ10 est importante comment elle aide prévenir ou traiter naturellement de nombreuses pathologies et quelles doses prendre Voici quelques situations dans lesquelles la CoQ10 peut vous aider Vous êtes fatigué Vous souffrez de migraines gingivite acouphènes Vous avez une maladie cardiaque ou devez être opéré Vous prenez une statine Vous voulez prévenir Alzheimer et Parkinson ou ralentir leur progression Vous souhaitez améliorer vos performances physiques Vous devez renforcer votre immunité Vous souffrez d'un trouble psychique bipolarité autisme BONUS tous les conseils pour bien choisir son complément de CoQ10 Brigitte Karleskind est journaliste scientifique Elle dirige la collection Nature et vitamines

Soignez-vous avec le magnésium Anne-Laure Denans, 2018-06-14 Le guide des suppléments de magnésium Stress fatigue insomnie hypertension ces maux qui vous empoisonnent la vie sont peut-être dus à un simple déficit en magnésium comme c'est le cas pour 7 personnes sur 10 Basé sur la science la plus récente ce guide critiqué par la docteure en pharmacie Anne-Laure Denans explique comment utiliser le magnésium au quotidien pour préserver ou retrouver la santé Diabète asthme anxiété pression grossesse calculs rénaux dans de nombreux cas le magnésium a fait la preuve de son intérêt Vous saurez notamment Quel magnésium choisir Les formes et les doses privilégier selon votre état de santé Avec quels autres suppléments l'associer Et pour ne jamais manquer de ce minéral essentiel Anne-Laure Denans propose un programme alimentaire complet avec les aliments et les boissons privilégier EN BONUS Un test pour savoir si on manque de magnésium Une liste de courses et des recettes gourmandes pour optimiser ses apports en magnésium Les réponses vos questions Faut-il préférer le magnésium marin Quels sont les effets secondaires d'un excès de magnésium Etc Anne-Laure Denans est docteure en pharmacie et diplômée en nutrition Elle est l'auteure du Nouveau Guide des additifs devenu référent

En finir avec l'hypothyroïdie - Ce que votre médecin ne vous dit pas et que vous devriez savoir Benoît Claeys, Thierry Hertoghe, 2015-07-03 Fatigué très fatigué Ce livre s'adresse tous les hypothyroïdiens qui passent de médecin en médecin sans trouver de solutions leur mal-être fatigue chronique prise de poids frilosité prime troubles de la mémoire perte de cheveux Il dénonce un déni la grande majorité des insuffisances thyroïdiennes ne sont pas diagnostiquées et quand elles le sont elles sont mal prises en charge Le Dr Claeys explique en détail pourquoi la thyroïde peut être l'origine de vos symptômes même quand les analyses sont normales comment faire le bon diagnostic et surtout comment traiter efficacement Vous saurez Si vos symptômes viennent d'un dysfonctionnement de la thyroïde test exclusif Les bonnes analyses demander Pourquoi il ne suffit pas simplement d'être dans les normes Pourquoi le dosage de la TSH n'est pas fiable Quels

sont les traitements adaptés au cas par cas Ce qu'est une hypothyroïdie R T3 et comment la traiter Les vitamines et oligo-éléments indispensables en cas d'hypothyroïdie Comment réduire les toxiques qui interfèrent avec la thyroïde Illustration de nombreux cas cliniques écrit avec humanité ce livre peut mettre fin au calvaire de millions de personnes Le Dr Benoît Claeys soigne depuis plus de 10 ans dans son cabinet de Waterloo Belgique des personnes souffrant d'hypothyroïdie Ce livre rassemble toute son expérience

Vitamine D. Mode d'emploi Brigitte Houssin, 2011-09-01 La vitamine D passionne les chercheurs et pour cause Voici ce qui arrive lorsqu'elle est présente en quantité suffisante dans le sang Moins de cancer Moins d'infarctus Moins de chutes et moins de fractures Moins de douleurs articulaires Moins d'infections Moins de dépression Pourtant 8 personnes sur 10 en manquent en particulier l'hiver Dans ce guide écrit par l'une des spécialistes françaises le Dr Brigitte Houssin vous dit comment obtenir en permanence un taux de vitamine D optimal et protecteur Vous saurez notamment Les dangers d'un déficit Quand et comment contrôler son taux de vitamine D Combien de temps s'exposer au soleil sans risque pour sa peau Quand prendre des suppléments quelle dose quelle fréquence Quel supplément choisir Le Dr Brigitte Houssin est médecin spécialiste en médecine physique et réadaptation Paris Forme la micronutrition elle s'est passionnée pour la vitamine D Elle est l'auteur de Soleil mensonges et propagande Vidal, 2001 Végétarien sans carences Dr Arnaud Cocaul, Isabelle de Vaugelas, 2021-01-13 Devenir végétarien végétalien ou simplement flexitarien ne s'improvise pas Remplacer les protéines animales par des substituts végétariens aussi riches en micronutriments soient-ils comporte des risques Modifier radicalement son alimentation peut perturber le métabolisme ou faire prendre du poids Avec les Dr Cocaul et de Vaugelas apprenez faire des choix cohérents et consommer de nouveaux produits afin de ne rien perdre de la nutrition ni des plaisirs Et pour que vous puissiez acquiescer de nouveaux réflexes culinaires sans renoncer la variété ni la gourmandise ce livre propose 80 recettes aussi saines et équilibrées que savoureuses dont une vingtaine de sauces et dips si précieux pour tous ceux qui aiment manger green Resumos das comunicações, 1962 **Revue de phytothérapie**, 1937 Bulletin analytique, 1951 AOB, 1998 **Biochimie**, 1922 **Le travail industriel aux États-Unis** Belgium. Mission aux États-Unis sur l'administration industrielle, 1920 Revue médicale de Nancy, 1922 Dictionnaire Vidal Louis Vidal, 1963 Feeders' Guide and Formulae for Meal Mixtures, 1940 **Concours médical**, 1999 **Revue générale des colloïdes et de leurs applications industrielles**, 1929 **Deuxième conférence internationale pour la standardisation biologique de certains médicaments ...** International conference on the biological standardisation of certain remedies. 2d, 1925 **Savoir être femme** Martin Wess, 1972 **Le nouvel observateur**, 1986

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