

150 Recipes by a Naturopath

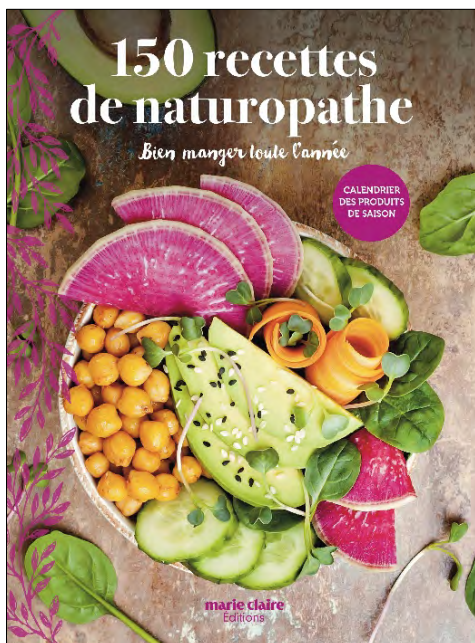
To eat well throughout the year

Synopsis:

Having a healthy diet without making mistakes can sometimes be complicated. Hélène Comlan, naturopath, prepared for her readers 150 recipes divided by seasons and easy to realize in our everyday life.

She also offers a reminder of the basic notions about nutrition, cooking, preserving, and a calendar for fruits and vegetables. This book is full of information and practical advice on shopping, organisation, lifestyle, etc. Everything that is needed to have a balanced diet throughout the year, without stress!

Content: The main dietary categories ; The best cooking ; Preserving ; What everybody should have in their cupboard ; The ideal day ; How to handle shopping well ; Seasonal calendar ; Recipes for winter, spring, summer, autumn.



The Author :

Hélène Comlan (Paris) is a naturopath who graduated from ISUPNAT. She receives in her consulting room all the people who want to find a path to a better health and to well-being.

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She is the author of **Recipes with Low Glycemic Index** and **Flat Belly Program** with Marie Claire Books.

Specs:

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