

# + Healthy and Well-Being Food

September 2015



## □ Synopsis:

Naturopathy is the Art of living in good health by respecting the physiological needs of our body: eat correctly, sleep well, move and relax. It is a real health pedagogy! Maria Ponsa gives here dietary advises, based on observation of nature. The objective is to have a healthy diet and to feel it in the whole body. Much more than cooking, this book is about creativity and stimulation by playing with colours and tastes.

## □ What is there to learn?

Naturopathy will be a guest in soups, vegetables, pies and cakes, pastas, salads, fishes, poultry, vegetarian dishes, drinks and desserts. This book contains an analysis of the healthy ingredients, and also recipes created by the author to learn how to use the ingredients.

## □ The Author:

Maria Ponsa has a degree in biology, and is registered as a naturopath. After many years working in the health field, she decided to study to become an educator in naturopathy, and she opened her own practice. She is a member of the board of the French Federation of Schools of Naturopathy.

[www.naturopathe92.org](http://www.naturopathe92.org)

## □ Specs:

- Series: Beauty & Well-Being
- Date of issue: September 11<sup>th</sup> 2015
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