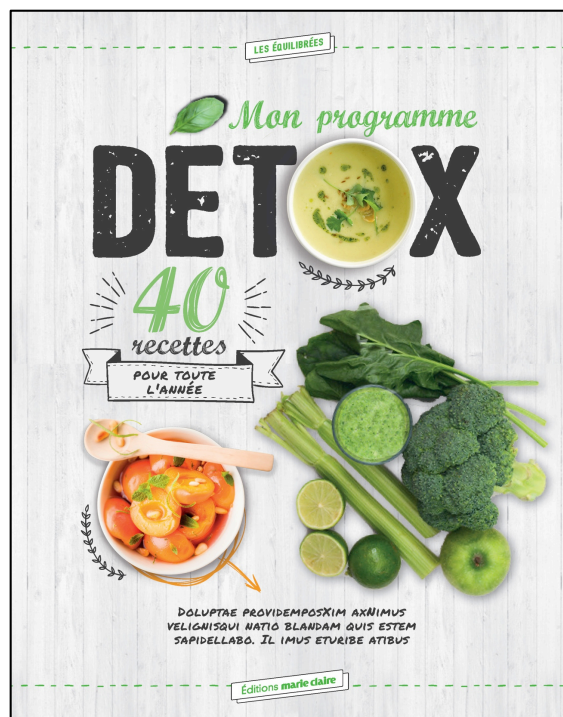


Detox Cooking

January 2015



■ Synopsis:

Currently, healthy and bio cooking is at the centre of our preoccupations and of our plates. But where can we find recipes respectful of our body, but also of our environment.

The famous French dietician Solveig Darrigo proposes to help us understand the reasons of our digestive uneasiness, and to find solutions thanks to the 100% detox recipes she imagined and tried herself.

Detox general aim is to eat ingredients and food very digest, and if possible with a draining potential. Tips and advices along with simple and affordable recipes are the keys of this new title!

■ The Author:

Solveig Darrigo-Dartinet is a dietician-nutritionist, chief redactor of the website nutriveig.fr. She is the author of several books on detox and bio, such as *L'Agenda Cuisine et vins de France 2016*, by Marie Claire Books. She also works as a journalist for the Magazine de la Santé on French television.

■ Specs:

- Series: Cooking
- Date of issue: January 27th 2016
- RPP: 12 €
- 112 pages
- 180 x 230 mm
- PB