

21 Days Detox Program

40 recipes to find form and health again

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Synopsis:

The author, Hélène Comlan, is a naturopath and proposes to readers a real detox program on 21 days only!

Ideas of menus for the whole year and advises on health are available. 40 detailed recipes are explained step by step. Menus are diversified and are made for all the tastes: beverages, fishes, meats, veggie recipes, etc.

At the beginning, readers will find explanations on the aim and benefits of a detox, and at the end advises are given to deal with the transition when the program is over.

This program will answer all the body's needs!

The Author:

Hélène Comlan works as a naturopath. She is passionate since her childhood by natural medicines. She strongly believes in the importance of a good living hygiene. She graduated from the Institut Supérieur de Naturopathie and is certified by the French Federation of Naturopathy. She has an office in Paris suburb. She is the author of *Tisanes aux mille vertus / Herbal Teas and Infusions* (2017) with Marie Claire.

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