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## Regime Alcalin Pour Le Triathlon: Courez, Pedalez Et Nagez Mieux Avec Ces Aliments Alcalins (Paperback)

By Mariana Correa

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: French . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Le Regime Alcalin pour le Triathlon est un livre genial pour tout tri-athlete cherchant a courir plus vite, nager avec plus de puissance et pedaler avec plus de souplesse. Suivre un regime alcalin et sain ameliorera votre performance, mais aussi votre bien-etre en general. De facon a achever vous vous-meme ultime, votre corps a besoin d etre en bonne sante a l interieur et a l exterieur. Vous n ameliorerez vos performances qu en mangeant la bonne nourriture. Ce livre comprend une explication claire de ce qu est la nourriture alcaline, la nourriture acide, l eau alcaline et comment ca peut ameliorer votre sante. Votre corps est un temple et la nourriture son essence. Votre connexion avec la nourriture est la plus grosse influence pour votre bien-etre a long terme. La premiere chose a faire lorsque vous voulez du changement dans votre vie est votre regime alimentaire. Une nourriture saine est la cle de votre style de vie et de votre developpement athletique Profitez de ce livre avec 50 recettes alcalines facile a preparer et delicieuses.



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