



The Happy, Healthy Belly

Authors: Marine Battier-Sharaf - Naturally Lety

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Category : Practical Books

Genres : Well-Being/Self-Help

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A naturopathic guide with 30 recipes for a happy, healthy belly!

Everyone knows how physically disabling and socially debilitating digestive problems and feminine discomforts can be. Marine, a naturopath, and Laetitia, a healthy eating expert, debunk the myths and tell us all we need to know about our anatomy.

Nutrition, naturopathic tips, plants, yoga, and emotional management, will help readers put principles into practice and end disabling aches and pains, finally reconciling our minds, hearts, and bodies with the food on our plates.

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