



## petits plats savoureux contre le reflux

By Cotinat, Martine

THIERRY SOUCCAR, 2018. Paperback. Condition: NEUF. Le Dr Martine Cotinat est gastro-entérologue, spécialiste du reflux. Dans ce livre, elle explique comment, sans médicament, en modifiant simplement son alimentation on peut se débarrasser du reflux gastro-oesophagien, un problème qui empoisonne la vie d'un Français sur trois. Après avoir expliqué rapidement ce trouble digestif et ses origines, l'auteur décrit les grandes règles alimentaires à respecter : Apporter des aliments protecteurs. Limiter les aliments qui agressent (café, soda, excès de laitages.). Privilégier les aliments qui favorisent la mastication, le transit et ceux qui aident à mieux résister au stress (car le stress altère les muqueuses). Prévoir des collations (fruits, amandes.) pour que les repas ensuite ne soient pas trop copieux. Veiller au repas du soir car on s'apprête à passer en position couchée (légumes à mâcher plutôt qu'en soupe, poisson plutôt que viande, pas de pain et fromage.). Et pour finir 50 recettes pour manger sainement tous les jours, sans faire de faux pas et se faire du bien. - Nombre de page(s) : 124 - Poids : 300g - Genre : Alimentation, Diététique, Régimes.

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