

Dr MICHAEL GREGER
AVEC GENE STONE

Préface de Sophie Lacoste

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MICHAEL GREGER

Michael Greger est un médecin internationalement reconnu pour ses travaux dans le domaine de l'alimentation. Il gère le très populaire site Internet Nutritionfacts.org, qui fournit gratuitement vidéos et articles sur les dernières avancées dans le domaine de la nutrition. Il dirige actuellement le département Santé publique et Élevage au sein de la Société américaine de protection de l'homme et des animaux.

GENE STONE

Éditeur, végétalien convaincu, Gene Stone a collaboré à de nombreux ouvrages sur la nutrition.

Mieux manger peut
vous sauver la vie

Les aliments qui préviennent et renversent
le cours des maladies

Dr Michael Greger
avec Gene Stone

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HOW NOT TO DIE

Discover the Foods Scientifically Proven to Prevent and Reverse Disease
publié par Flatiron Books, New York.

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Notes

Avant-propos

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Introduction

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PREMIÈRE PARTIE

1. Comment ne pas mourir d'une maladie cardiaque

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DEUXIÈME PARTIE

Introduction

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Appendice : Compléments alimentaires

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