

Docteur Olivier Soulier

LA DIGESTION

LES CLES DU POIDS

LES FORMES

LES DEPENDANCES

Editions Sens & Symboles

Digestion Cl S Poids Formes D Pendances

Annelies Wilder-Smith



Digestion C I S Poids Formes D Pendances:

Bien dans sa cuisine Isabelle Filliozat, 2012-10-17 Quand la préparation d'un repas devient une aventure intérieure Une psy met forcément un jour ou l'autre son nez dans l'univers de la cuisine Tant d'émotions y sont vécues Complicité entre copains repas aux chandelles exaspération des parents enfant refusant de manger psychodrames familiaux De nos jours où le temps est compté les plats préparés et autres surgelés envahissent les tables Isabelle Filliozat choisit de s'intresser ce vaste sujet C'est la fois avec son regard de femme de mère et de psy qu'elle nous explique comment cet espace de transformation des aliments peut également devenir un espace de transformation de soi La cuisine lieu de change et de partage émotions repas de fête intimité traditions religions La cuisine lieu de transmission recettes savoir faire secrets La cuisine espace de développement personnel exercices de respiration méditation confiance en soi Au gré des pages le lecteur trouvera des réponses ses questions pourquoi je n'aime pas cuisiner qu'est-ce que je mange une foule d'informations pourquoi les allergies explosent elles y a-t-il un régime idéal ainsi que différents conseils et exercices pratiques Sans oublier bien sûr de nombreuses recettes aussi savoureuses qu'inattendues

Les causes cachées des maladies Daniel Kieffer, 2022-04-12 Et si vos symptômes vous invitaient vous interroger sur votre propre histoire Ce manuel de naturopathie propose de s'ouvrir aux liens qui existent entre le corps ses pathologies et leurs possibles raisons cachées Il offre également une étude complète des causes des maladies avec une approche systémique et holistique en s'appuyant sur différentes clés d'interprétation comme la psychanalyse les médecines chinoise ayurvédique et anthroposophique les principes hermétiques Grâce à ces multiples approches vous pourrez enquêter sur votre propre histoire et dégager du sens pour clarifier votre part d'ombre Avec plus de 300 pathologies abordées fracture maladie de Crohn cystite arthrose cancer chaque partie du corps est analysée et interprétée de la tête aux pieds afin de vous donner des outils pour emprunter le chemin de la guérison Grâce aux nombreuses explications et au glossaire détaillé ce livre s'adresse autant aux professionnels de santé et thérapeutes qu'aux personnes curieuses d'en apprendre davantage sur leur fonctionnement Alors prenez le temps de comprendre le pourquoi vous avez mal et guérir profondément

Je mange sain en famille Maëlle Feret, 2016-04-21 Un changement positif pour toute la famille Combien de fois avez-vous pensé changer votre alimentation sans jamais franchir le cap ni tenir plus d'une semaine Maëlle Feret nutritionniste vous propose un guide pratique et ludique pour réussir ce changement Couvrez les bases d'une alimentation saine et bonne pour la santé Suivez un programme simple en 21 jours pour manger autrement Faites le plein d'astuces pour bien choisir vos produits déchiffrer les étiquettes et mieux gérer votre budget Embarquez dans l'aventure vos enfants votre conjoint(e) et cuisinez avec eux Bonus Dîners en famille

Nourrir mon Enfant intérieur Anne Claude, 2020-04-06 Je sais très bien ce qu'il faut faire pour bien manger pourquoi je n'y arrive pas Grignotages flemme de cuisiner repas expédiés kilos émotionnels Si notre Enfant intérieur tait derrière tout cela Souvent rabroué et abandonné parce qu'il faut être fort avoir de la volonté l'Enfant intérieur cœur de nos émotions de nos besoins fondamentaux de nos envies peut générer des comportements compulsifs où nous ne comprenons pas ce qui nous

arrive C est plus fort que moi Avec humour et tendresse une di t ticienne picurienne vous livre le fruit d ann es d exp riences avec ses patients La Th rapie de l Enfant int rieur permet d couter les parts de nous que nous n gligeons faute d avoir appris en prendre soin Elle vise nous reparenter Associ e une approche comportementale de la di t tique elle permet de d jouer les ressorts qui nous poussent dans les comportements l origine de nos prises de poids Gr ce ce livre riche d exemples v cus et d exercices pratiques exp rimer au quotidien apprenez instaurer un dialogue constructif avec votre Enfant int rieur Lib rez vous des compulsions adoptez de nouveaux comportements alimentaires et trouvez enfin l quilibre auquel vous aspirez Une aventure unique dont les effets positifs rayonneront dans tous les domaines de votre vie La grande encyclopédie ,1885

La digestion Olivier Soulier,2011-06-01 Olivier Soulier m decin hom opathe est chercheur de sens Il a travaill sur de nombreux th mes allant de la symbolique des maladies l embryologie en passant par les microbes les relations amoureuses Il nous propose ici de nombreuses cl s et symboliques tr s int ressantes au niveau de la compr hension des probl mes de digestion Il ouvre une vision totalement nouvelle des probl matiques de poids qui a permis beaucoup d aller vers la r solution et l quilibre Cet ouvrage int ressera tous ceux qui pensent que la connaissance d eux m mes peut leur permettre de mieux choisir leur vie **Revue générale des sciences pures et appliquées** ,1908 **Bulletin signalétique** ,1962

Dictionnaire encyclopédique des sciences Louis Grégoire (huissier),1885 **Bulletin signalétique** Centre national de la recherche scientifique (France),1962 A-Z. 1866-70 Pierre Larousse,1866 **La Lancette française** ,1844

Gazette des hôpitaux civils et militaires ,1844 **Livres de France** ,2005 *Livres hebdo* ,1999 **Les Livres disponibles** ,2003 La liste exhaustive des ouvrages disponibles publi s en langue fran aise dans le monde La liste des diteurs et la liste des collections de langue fran aise

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