



## Temoignage sur les bienfaits de lhygiene intestinale Comment jai retrouve le ventre plat, la taille fine, le calme, un sommeil paisible, une belle . a lhygiene intestinale French Edition

By Laure Goldbriht

Buenos Books International. Paperback. Condition: New. 78 pages. Dimensions: 7.8in. x 4.8in. x 0.4in. Aux alentours de la quarantaine j'ai commenc  souffrir de ballonnements trs gnants qui perturbaient mon sommeil. Ce petit problme de sant dont aucune mdecine ni allopathique ni alternative ne vint bout, ne fit quempirer. Ma sant se dgrada danne en anne et mon visage se couvrit de vilaines taches brunes. Par chance, cinq annes aprs le dclenchement de ces troubles ; jentendis enfin parler pour la premire fois des pratiques dhygiene intestinale. Grce ces pratiques qui existent depuis la nuit des temps, mais qui sont de plus en plus ignores dans le milieu mdical; j'ai pu retrouver le ventre plat, la taille fine, le calme, un sommeil paisible, une belle peau dbarrasse de ses vilaines taches brunes, et la vitalit que j'avais perdue. Il y a plus de dix ans que je pratique avec succs lhygiene intestinale. Mon tmoignage vous permettra de savoir ce quest lhygiene intestinale, comment la pratiquer et les bienfaits que vous pouvez en esp r tant en ce qui concerne les troubles de l'appareil digestif, quau niveau de votre peau, de vos yeux, de votre poids, de vos douleurs, des tensions prmenstruelles, des troubles...



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