



# Le régime méditerranéen permet de garder la ligne et de vivre en bonne sante (French Edition)

*Guy Jadot*

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Le régime méditerranéen (RMed) présenté et conçu dans sa version moderne permet de prévenir efficacement les maladies invalidantes et mortelles du XXI ème siècle. Par son apport régulier en : - antioxydants naturels; -fibres; -acides gras essentiels; -polyphénols naturels, le RMed permet de prévenir de nombreux états pathologiques: - surpoids, obésité, vieillissement pathologique, maladies cardiovasculaires, maladies d'Alzheimer, certains cancers, diabète, AVC, DMLA. En 2014, il est scientifiquement démontré que le RMed (et/ou Crétois) est la seule alimentation équilibrée, naturelle, qui permet de vivre vieux et en bonne santé. Le RMed induit l'importante notion du "plaisir de manger sain" et conduit à tous les âges de la vie à l'état de " santé optimal".

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