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RIZA. La fermentazione dei cibi è una tecnica naturale antichissima, grazie alla quale gli uomini hanno potuto produrre alimenti e bevande basilari, come il pane, la birra, il vino e lo yogurt.

I cibi fermentati by Edizioni Riza - Issuu

Per questo problema spesso vengono prescritti farmaci, ma tornare a stare bene si può con i cibi giusti. Impariamo a rigenerare gli organi della digestione. Pesantezza, nausea, dolori addominali, gonfiori, reflusso, infiammazioni gastrointestinali e acidità, sonnolenza, stanchezza e mal di testa sono tutti i dolorosi e fastidiosi sintomi legati alla cattiva digestione.

I cibi giusti per una buona digestione - Riza.it

Ecco perché Riza grandi guide: cibi sì e cibi no per ogni disturbo diventerà la tua bussola. Per ogni disturbo, abbiamo stilato una pratica scheda informativa, in cui sono elencati gli specifici 'cibi sì' e 'cibi no' per quel malessere. In più troverete utili suggerimenti sulla dieta da seguire e alcune ricette adatte per proteggere gli organi a rischio. Avrete così a disposizione tutti ...

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