

The page is framed by a decorative border of stylized illustrations. At the top, there are slices of orange, a whole pineapple, a sprig of green leaves, and a slice of watermelon. On the left side, there is a large pineapple, a sprig of leaves, and a slice of watermelon. On the right side, there is a slice of orange, a sprig of leaves, a pineapple, a sprig of leaves, and a slice of watermelon. At the bottom, there is a slice of orange, a sprig of leaves, a pineapple, a sprig of leaves, and a slice of watermelon.

Les aliments pour l'immunité



Le Laboratoire du Prana

YOGA ET CONSEILS EN NATUROPATHIE

www.lelaboratoireduprana.com

Choucroute



Légumes lacto-fermentés



Miso non pasteurisé



Tempeh



Pain au levain



Lait fermenté, lait ribot



Kéfir, Kombucha



Levure de bière



Fromage frais de brebis ou chèvre (attention au lactose)



Poireaux



Artichauts



Topinambours



Ail



Oignons



Asperges



Panais



Soutenir le microbiote

Sardines



Anchois



Saumon



Huîtres



Apporter les nutriments essentiels

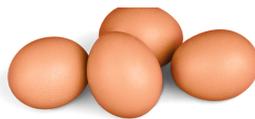
Harengs



Maquereaux



Oeufs



Pommes de terre



Sélénium



Parmesan



Noisettes



Amandes



Emmental



Epinards



Foie de veau



Persil



Goyave, Papaye



Poivrons



Fruits de mer



Céréales complètes



Kiwi



Oranges



Cassis

