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## **3 NOURRIR A LA JOURNEE : ALIMENTS ET COPORTEMENTS A TABLE**

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## **4 ALIMENTER A LA QUINZAINE : VOTRE CERVEAU** **RUTILANT**

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## **4.2 La Vitamine A (retinol) : voyez et profitez**



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### **4.3.2 Calcium, pierre après pierre**

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## **5 APPROVISIONNER POUR MAINTENIR A L'ANNEE : LE BON GRAS DU CERVEAU**

### **5.1 Votre cerveau : beaucoup de gras !**

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## **5.2 Révolution ? Bien nourrir les animaux infère la qualité pour nous**

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## **6 DES ETAPES PLUS OU MOINS LONGUES**

### **6.1 L'iode : ne pas être crétin !**

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## 6.2 Une grossesse de 18 mois ?

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