

Principales sources et références

| Pour en savoir plus

L'ÉPIDÉMIE DE SURPOIDS ET D'OBÉSITÉ

- Les chiffres mondiaux du surpoids selon l'OMS : www.who.int/mediacentre/factsheets/fs311/fr/
- www.lemonde.fr/sante/article/2016/04/01/13-de-la-population-adulte-mondiale-est-obese-20-pourrait-bientot-l-etre_4893671_1651302.html

LA MASSE GRASSE VISCÉRALE

- www.esculape.com/cardiologie/idm_taille_hanche.html
- Calculateur RTH : <http://promotionsante.ch/population/produits-et-services/alimentation-et-activite-physique/calculateur-rth.html>

LES FONCTIONS DU TISSU ADIPEUX

- www.pourlascience.fr/ewb_pages/a/article-le-tissu-adipeux-et-ses-hormones-23441.php

INFLAMMATION ET SURPOIDS

- www.futura-sciences.com/magazines/sante/infos/actu/d/medecine-obesite-affaire-inflammation-31474/
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MICROBIOTE ET SURPOIDS

- www.pourlascience.fr/ewb_pages/a/article-obesite-la-flore-intestinale-mise-en-cause-33657.php
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LES PERTURBATEURS ENDOCRINIENS OBÉSOGÈNES

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- www.lexpress.fr/styles/saveurs/une-personne-sur-dix-souffre-d-addiction-aux-sucres-et-aux-graisses_1301748.html
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- Une présentation en français de la vidéo du Dr Robert Lustig : *Le Sucre, une amère vérité* (vue à ce jour sur YouTube par 6 294 275 personnes).
- <http://icietmaintenant.fr/SMF/index.php/topic,16442.0.html>

SEL ET SURPOIDS

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LE MAGNÉSIUM, LE SURPOIDS ET LES TROUBLES MÉTABOLIQUES

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