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Detox at Home

Edible science to promote healthy ageing

Chenot

ISBN	9788867534135
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- A dietary method designed to support the body's natural detoxification processes and provoke a metabolic and hormonal reset without compromising the pleasure of taste
- A plant-based dietary intervention that activates the body's fasting mode whilst providing sufficient nourishment and minimizing the negative side effects of a traditional fast, such as muscle loss and nutrient deficiencies

A collection of recipes to support followers of the internationally renowned brand Chenot in applying the principles of the detoxifying and health-promoting Chenot Diet® at home. Evidence-based research recognizes that periodically eating a low-calorie diet while still obtaining sufficient micronutrients is a vital component of long-term wellness, disease prevention and potential longevity benefits. Based on a nutritional approach developed by Dominique Chenot over 50 years ago, the Chenot Diet® is designed to support the body's natural detoxification processes and provoke a metabolic and hormonal reset without compromising the pleasure of taste. It is a plant-based dietary intervention that activates the body's fasting mode whilst providing sufficient nourishment and minimizing the negative side effects of a traditional fast. Created by a team of talented chefs and nutritional scientists, the Chenot Diet® delivers 850 calories in a typical day and it should be followed for a maximum period of 7 days.

Chenot is a global health and wellness operator located in the heart of the Swiss Alps. For almost 50 years, they have been merging pioneering scientific research and cutting-edge technologies with traditional Chinese medicine. Their world leading wellness centers, programs, treatments and products promote healthy living, wellness and successful aging.

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