

# METHOD

It is first of all to follow the food chronobiology of the body. To understand how does the body function with what serves food and once that they became **nutrients**, what make our bodies of them ?  
Why the body stores food ?

Before all **is not** to impose precepts but to adapt to each one and gently to make disappear practices taken since years. It is for that we speak about formation. On the other hand, the well being, the energy management and **the loss** of weight are noticed very quickly. What is important also is to learn how to read the labels of the products on market shelves. To eat what one **likes**, to rediscover the real **savour** of food without **deprivation**, to nourish itself without testing pang of hunger. It is also to give away erroneous informations which one trails since decades about food.

There is no **curse**, all can be given from balance in **the joy** and **good mood**.

Do not forget a body listened to, it is a spirit in good health !

## IT IS ESTIMATED THAT A THIRD OF CANCER AFFECTIONS

**COULD BE AVOIDED**

by a change of food practices.

To take new specific food practices proper to this Tempo-chronobio Method will be necessary, without more. That shows at which point this return to a **chronobiologically** necessary food for the body is of primary importance. Studies were made in this direction.

**A good number of cancers could be avoided** in particular of the colon, stomach and breast. Obviously that points finger all **the pre-cooked food** or these new products which one finds more and more on the shelves of our supermarkets like : these rices or others already with half **pre-cooked** who contain vertiginous sugar rates and no any more benefit of basic cereal. All these products are processed until not containing any beneficial nutritive element but become real **dangers** in term of catch of weight and others.

It is necessary to stop being made handle and take again in hand its food. To stop thinking that to devote itself to make cooking or to be concerned with what one eats, it is a waste of time. **Serious error, it is our safety and that brings much pleasure.** This is why the site **Tempo-chronobio** will set up a whole range of recipes especially studied for our daily body rate/rhythm. There will be for all the tastes of the simple cooking to the great one.

**COME TO JOIN US STARTING AGAIN TO TEST PLEASURE EATING AND MAKE  
DISAPPEAR THE GILT**