

Billet d'humeur

Adoptons un jeûne médiatique (p. 7)

- 1 Pierre et Henri Léo et André Galinowski. Éditions Masson, 2003
- 2 Voir cette synthèse de 43 études établissant un lien entre usage intensif des réseaux sociaux, anxiété et symptômes dépressifs. Agyapong-Opoku *et al.*, « Effects of Social Media Use on Youth and Adolescent Mental Health », *Journal of Surgical and Medical Research*, 2025.

Focus

Sérotonine et axe intestin-cerveau : la face cachée de votre sérénité (p. 15)

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- 26 https://www.researchgate.net/publication/377827304_Serotonin_The_Link_between_Gut_Microbiome_and_Brain
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- 28 <https://pubmed.ncbi.nlm.nih.gov/9629257/>
- 29 <https://www.mdpi.com/1422-0067/23/24/15632>
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- 31 [https://www.cell.com/trends/endocrinology-metabolism/fulltext/S1043-2760\(24\)00195-4](https://www.cell.com/trends/endocrinology-metabolism/fulltext/S1043-2760(24)00195-4)
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- 33 <https://journals.physiology.org/doi/prev/20220627-aop/pdf/10.1152/ajpcell.00433.2021>
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Angle mort

Doux, neutre, alcalin... Quand le discours cosmétique contredit la physiologie de la peau (p. 24)

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Thérapie

Phagothérapie : l'arme fatale face à l'impasse des antibiotiques ? (p. 27)

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Fiche thérapeutique

Dermatite atopique et eczéma : corrigez votre terrain pour apaiser votre peau (p. 30)

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