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La détente, oui. Le coma estival, non ! (p. 7)

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Glycobiome et prostabiome : ces nouvelles sentinelles de votre santé intime (p. 15)

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Thérapie

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Connaissez-vous un hikikomori *? (p. 20)*

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Interview

Anxiété informationnelle : notre cerveau n'est pas fait pour traiter une actualité en temps réel, 24h/24 (p. 22)

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Angle mort

Votre métabolisme est-il (trop) rigide ? (p. 26)

1. L'ATP (adénosine triphosphate) est la principale molécule énergétique des cellules : elle fournit l'énergie nécessaire à la plupart des processus biologiques, qu'il s'agisse de la contraction musculaire, du fonctionnement des organes ou de la synthèse des molécules indispensables à la vie.
2. Le glycogène est la forme de stockage du glucose dans l'organisme. Il s'agit d'une molécule composée de nombreuses unités de glucose assemblées entre elles, principalement stockée dans le foie et les muscles. Dans le foie, il aide à maintenir un taux de sucre stable dans le sang, tandis que dans les muscles, il sert de réserve d'énergie rapidement mobilisable lors de l'effort.
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Fiche thérapeutique

L'insuffisance veineuse : comprendre et traiter (p. 30)

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