

Respirer, c'est vital. Bien respirer... c'est tout un art ! (p. 14)

- 1 <https://www.nejm.org/doi/full/10.1056/NEJMoa1214103>
- 2 <https://shop.elsevier.com/books/atlas-danatomie-humaine/netter/978-2-294-75629-0>
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- 16 Dilatation des bronches
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- 20 https://www.researchgate.net/publication/372318150_A_Review_on_pharmacological_properties_of_Rubus_fruticosus
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- 38 <https://pubmed.ncbi.nlm.nih.gov/24390308/>
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- 40 https://www.researchgate.net/publication/356178242_Review_of_structure_and_bioactivity_of_the_Plantago_Plantaginaceae_polysaccharides
- 41 https://www.researchgate.net/publication/267032806_Comparative_analysis_of_phenolic_profile_antioxidant_anti-inflammatory_and_cytotoxic_activity_of_two_closely-related_Plantain_species_Plantago_altissima_L_and_Plantago_lanceolata_L

Les glands contre le blé : pourquoi se compliquer la vie ? (p. 36)

- 1 Thomas Malthus (1766–1834), économiste britannique pour qui l'accroissement de la population est infini, avec une progression géométrique, alors que les ressources disponibles, notamment agricoles, n'augmentent que de façon arithmétique et restent limitées.

11 bonnes raisons de prendre le melon cet été (p. 50)

- 1 Aburto NJ *et al.* « Effect of increased potassium intake on cardiovascular risk factors and disease: systematic review and meta-analyses ». *BMJ*. 2013.
- 2 « Age-Related Eye Disease Study Research Group. A randomized, placebo-controlled, clinical trial of high-dose supplementation with vitamins C and E, beta carotene, and zinc for age-related macular degeneration and vision loss ». *Arch Ophthalmol*. 2001.
- 3 Raja Soh RSS *et al.* « Scoping Review on Cucumis melo and Its Anti-Cancer Properties ». *Malays J Med Sci*. 2024.