



"IK PROBEER DE EENVOUD UIT HET
LEVEN TE HALEN. HET IS VAAK AL
GECOMPLICEERD GENOEG"

ACCENT SPRAK MET

PASCALE NAESSENS

Ze houdt van verandering en streeft naar een bewust leven waar de natuur en pure eenvoud haar bondgenoten zijn. Getuigen hiervan zijn haar kookboeken, vol heerlijke en gezonde recepten afgewisseld met de sfeervolste portretten. Beelden, letterlijk uit het leven gegrepen en gepimpt met een vleugje romantiek.

Gezondheidsgoeroe Pascale Naessens vertelt ons met plezier en vol overgave over haar pure keuken en de kracht van natuurlijke voeding die niet alleen lekker is voor je lijf, maar je ook de weg wijst naar een gezond levenspad.

Waar kwam je interesse voor voeding vandaan?

Pascale: "Die was er al lang en heeft altijd een belangrijke rol in mijn leven gespeeld. Ik ben er pas echt mee naar buiten gekomen toen ik begon met kookboeken schrijven. Als jong meisje werkte ik als model en kampte ik – net als veel andere modellen – met een eetprobleem. Jarenlang lag ik overhoop met mijn eetgewoonten. Ik had altijd honger en voelde me nooit verzadigd. In de klassieke voedingsleer vond ik niet wat ik zocht en zo is mijn zoektocht begonnen naar iets wat wel werkte voor mij. Aanvankelijk bestudeerde ik vooral de wetenschappelijke kant van voeding die me heel wat nieuwe inzichten gaf. Op een bepaald moment heb ik alle snelle koolhydraten geschrapt uit mijn menu zoals brood en desserts en at ik enkel volwaardige ingrediënten zoals groenten, noten, vis en olijfolie. Na de maaltijd kreeg ik dat voldaan gevoel terug en besepte ik dat mijn lichaam steeds minder hunkende naar die snelle koolhydraten. Voor mij was dit echt een openbaring. Ik kon weer genieten van eten zonder schuldgevoel."

Accent Accent Sprak Met Dajan

Iulia Pittman



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