



CHENOT DETOX AT HOME

Edible science to promote healthy aging

Chenot - Photographs by Stefania Giorgi

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A collection of recipes to support followers of the internationally renowned brand Chenot in applying the principles of the detoxifying and health-promoting Chenot Diet® at home.

Evidence-based research recognises that periodically eating a low-calorie diet while still obtaining sufficient micronutrients is a vital component of long-term wellness, disease prevention and potential longevity benefits.

Based on a nutritional approach developed by Dominique Chenot over 50 years ago, the Chenot Diet® is designed to support the body's natural detoxification processes and provoke a metabolic and hormonal reset without compromising the pleasure of taste. It is a plant-based dietary intervention that activates the body's fasting mode whilst providing sufficient nourishment and minimising the negative side effects of a traditional fast. Created by a team of talented chefs and nutritional scientists, the Chenot Diet® delivers 850 calories in a typical day and it should be followed for a maximum period of 7 days. Chenot is a global health and wellness operator located in the heart of the Swiss Alps. For almost 50 years, they have been merging pioneering scientific research and cutting-edge technologies with traditional Chinese medicine. Their world leading wellness centres, programmes, treatments and products promote healthy living, wellness and successful ageing.

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