

Web site

of the Institute Bruno Comby:

www.comby.org

Information on the institute ... presentation of our research ... the importance of daily habits and life style ... recommendations for a healthy life ... how to stop smoking ... eat better ... take a siesta ... measure your stress ... your dependence to nicotine ... Bruno Comby's books ... how to order the books on-line ... photo albums of the institute : the IBC's scientific research, siesta, sports, fruits, vegetables, raw food ... discover the unique nutritional qualities of insects ... delicious edible insects ... members of the IBC ... the Scientific and Medical Committee ... the local correspondents of IBC ... to become a distinguished member of the IBC : the membership subscription form ... the IBC newsletter ... subscribe to the free IBC mailing list ... latest news ... the next public expositions of IBC ... links to other sites ..

Everything about the IBC is on the INTERNET 24h/24