



Nutrición Energética: para la salud del sistema digestivo (Plus Vitae) (Spanish Edition)

Jorge Pérez-Calvo

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En esta obra, el Dr. Jorge Pérez-Calvo, con más de treinta años de práctica clínica, nos explica en un lenguaje fácil y accesible, las claves de la Nutrición Energética para cuidar la salud del sistema digestivo. Basándose tanto en la medicina occidental como las medicinas naturistas y orientales y la macrobiótica, nos descubre la relación entre los alimentos y la energía de los cinco elementos que está presente tanto en la naturaleza como en nuestro organismo, y cómo podemos utilizar estos conocimientos para mejorar nuestra salud y nuestros hábitos cotidianos. El primero de una serie de cinco títulos, 'Nutrición energética para la salud del sistema digestivo' nos muestra la relación que existe entre una buena digestión y la claridad mental, la capacidad de tomar decisiones y las habilidades cognitivas; aportando consejos y rutinas saludables así como recetas específicas.



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