

## L'ABC della salute naturale. Consigli pratici per autogestire il tuo benessere



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## L'ABC DELLA SALUTE NATURALE. CONSIGLI PRATICI PER AUTOGESTIRE IL TUO BENESSERE



Macro Edizioni, 2017. Condition: new. Cesena, 2017; br., pp. 128. (Biblioteca del Benessere). Esiste una via naturale di guarigione in caso di malattia? Come mantenere uno stato di salute ottimale? Cosa fare per essere in forma e avere tanta energia vitale? Questa guida risponde a tutte queste domande offrendo preziosi consigli, tutti supportati da autorevoli fonti scientifiche, per vivere in maniera sana e ritrovare il proprio benessere. Spesso le informazioni che riceviamo nell'ambito della salute sono molto contrastanti. In quest'opera Valerio Pignatta propone dei punti fermi e ci dà delle indicazioni precise suggerite anche dai principali esperti di medicina e alimentazione naturale: dall'alimentazione da seguire ai rapporti personali, dall'importanza della respirazione a quella di vivere all'aria aperta, dal rilievo da dare al sonno al praticare esercizio fisico costante e adeguato, dall'attenzione da dare all'inquinamento alle le terapie naturali disponibili, da come coltivare la creatività e la spiritualità allo stile di vita da seguire. L'opera inoltre contiene: i consigli su come scegliersi il proprio medico curante o specialista, le domande da fargli ecc.; uno schema riassuntivo delle varie regole di salute da seguire; un percorso di letture consigliate per imparare a collaborare con i terepauti.



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