

Conquistar el dolor



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Reviews

Comprehensive manual for ebook fans. I am quite late in start reading this one, but better then never. Its been written in an exceptionally basic way and is particularly merely soon after i finished reading this publication in which really changed me, affect the way in my opinion.

(Prof. Antone Olson II)

CONQUISTAR EL DOLOR



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BLUME (Naturart), 2013. soft. Book Condition: New. Aliviar el dolor está en sus manos: una actitud mental positiva, una buena postura y la práctica de ejercicio físico, así como los cambios en la dieta, pueden ayudar a romper el círculo del dolor. Este libro ofrece una orientación con respecto a las terapias y las técnicas revolucionarias que han mostrado ser eficaces, entre las que se encuentran la hipnoterapia y la desensibilización. Incluye ejercicios ilustrados para aliviar el dolor y mejorar la movilidad, tales como masajes y estiramientos suaves, así como una guía de tratamientos para trastornos comunes, como el dolor cervical. Tanto si sufre dolor de espalda como de cabeza, cefaleas persistentes, artritis, trastornos de estómago, o repetidas lesiones a causa de la tensión, este libro le proporciona una guía completa para aliviar el dolor de un modo natural a través de ejercicios de relajación, respiración, entrenamiento autógeno, meditación, visualización y masajes, entre otros. El conocido experto Leon Chaitow le ofrece soluciones duraderas para ayudarle a controlar su dolor y reducir su dependencia de los analgésicos farmacológicos. Asimismo, explica el funcionamiento y la eficacia de las terapias complementarias como la hidroterapia o los aromas curativos, y destaca la importancia de la correcta alimentación en los procesos que cursan con dolor.



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