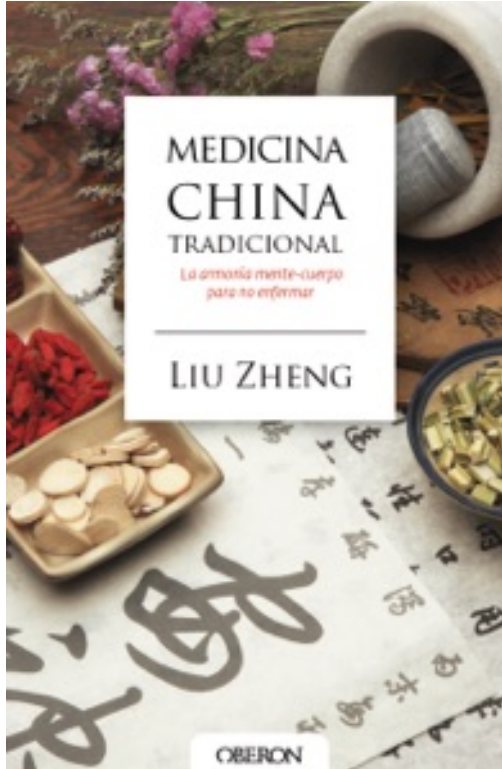


Descargar Libro En Línea PDF Epub Mobi Español Medicina China Tradicional - Liu Zheng



Descargar libro en línea PDF epub mobi Español Medicina china tradicional Liu Zheng , De acuerdo con la medicina tradicional china, las enfermedades son consecuencia de desequilibrios físicos, psíquicos y energéticos de las personas. El proceso de curación requiere una atención integral. En el conocimiento del cuerpo está el secreto de la salud, de la longevidad y de la convivencia con la naturaleza. El profesor Liu Zheng, director de la prestigiosa Clínica MEDIZEN, comparte su experiencia en este libro. En él, define un estilo de vida diseñado para mejorar la nutrición, lograr armonía espiritual y dar solución a los pequeños problemas cotidianos. Textos reveladores, lograrán revolucionar su forma de ver el cuerpo humano gracias al sabiduría médica de una civilización milenaria. La presente obra, tiene como objetivo mantener el bienestar físico y emocional del ser humano, ayudarnos a comprender por qué nos enfermamos y, sobre todo, aprender cómo evitarlo. Temas como los biorritmos, los horarios de las comidas, el descanso, la fitoterapia, las comidas en sustitución de medicamentos, la meditación activa y pasiva, el adelgazar con salud o el

equilibrio emocional para controlar el estrés son tratados aquí con una visión clara y novedosa.

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