

## Soluzioni Esercizi Biologia Rossa Campbell

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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 valerio pignatta dopo aver studiato e analizzato per oltre trent anni i miglior testi di medicina e alimentazione naturale propone una dettagliata sintesi dei passi fondamentali che ognuno di noi deve fare per mantenere uno stato di salute ottimale o per recuperarlo in caso si fosse perso spesso le informazioni che riceviamo nell ambito della salute sono molto contrastanti in quest opera l autore 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 scopri come vivere perfettamente in salute senza effetti dannosi per il tuo organismo imparando ad autogestire il tuo benessere l autorevalerio pignatta plurilaureato e ricercatore indipendente lavora come redattore traduttore e collaboratore di diverse case editrici È giornalista pubblicista naturopata autore e direttore editoriale nell ambito della medicina naturale e ha pubblicato numerosi articoli sul rapporto salute ambiente oltre a testi divulgativi di medicina naturale e salvaguardia socio ambientale È appassionato cultore di storia dei movimenti spirituali libertari su cui pure ha pubblicato dei saggi

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