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Alisa Vitti



Dieta Para Eliminar Miomas Alimentos Que Ayudan Y Otros:

En sintonía con tu ciclo femenino Alisa Vitti, 2021-02-01 Muchas mujeres afrontamos cada día una lista interminable de tareas tratamos de cumplir con todo y al final acabamos agotadas y agobiadas nuestra salud se deteriora miomas endometriosis infertilidad falta de deseo sexual el estrés crónico se ceba con nosotras y en lo más profundo de nuestro ser sentimos que no estamos a la altura de las circunstancias Sin embargo existe un plan de acción que siempre ha estado contigo un recurso que hemos ignorado incluso saboteado y probablemente lamentado una vez al mes Hablamos de nuestra bioquímica femenina en concreto del ciclo hormonal la ventaja femenina milagrosa y única Afortunadamente con unos sencillos cambios en el estilo de vida podrás conectar con esta fuente natural de poder para hackear tu biología mejorar tu salud aumentar tu productividad dominar la gestión del tiempo y disfrutar de mejores resultados en todas las áreas de tu día a día Alisa Vitti nos muestra en este libro las claves para cambiar de perspectiva y descubrir cómo afectan las cuatro fases del ciclo hormonal a nuestro cerebro estado de ánimo energía y comportamiento Así sabrás cuál es el día perfecto para pedir ese ascenso el mejor momento para hacer yoga o cardiovasculares cuándo tomar una ración doble de verduras la mejor semana para dedicar tiempo a la introspección y ser amable contigo misma y cuándo desplegar tus alas sociales Aprender a vivir en sincronía con tu ciclo es posible y sobre todo necesario Simplemente debes atender a lo que ya se encuentra en tu interior Descubre el poder de FLO y conecta con tu superpoder Vivir en sintonía con nuestro ciclo es el nuevo reto en la salud femenina El libro de Alisa nos proporciona las herramientas para reconectar con nuestros biorritmos exclusivamente femeninos un poderoso regalo para ayudarnos a las mujeres a reivindicar nuestra salud hormonal y nuestro tan necesario equilibrio en la vida Aviva Romm autora de La revolución de la tiroides y las suprarrenales Este libro te enseña a utilizar tu biología para estar en sintonía con tu guía interior y fluir de manera óptima en cada área de tu vida Te enseña un camino que te conducirá a desarrollar tu máximo poder y potencial Gabrielle Bernstein autora de El universo te cubre las espaldas número uno en ventas de la lista del New York Times Alisa es una auténtica pionera del biohacking para las mujeres y el Método para sincronizar el ciclo es una manera eficaz de sincronizar los ritmos biológicos para optimizar no solo tu salud sino todos los demás aspectos de tu vida desde tu carrera profesional pasando por sus relaciones hasta la maternidad Todas las mujeres deberían leer este libro Mark Hyman doctor en medicina y autor de The Blood Sugar Solution de la lista de bestsellers del New York Times

Rejuvenece (2a edición) Isabel Fernández, Inma Cubero, 2020-01-20 Rejuvenece pretende ser una práctica guía de cómo estar y sentirnos jóvenes desde la prevención siguiendo una alimentación equilibrada natural consciente y un estilo de vida saludable Es una mirada a nuestro cuerpo físico y las posibles causas de enfermedad sin olvidar que nuestro estado mental y emocional puede afectar gravemente a la salud Es un punto de reflexión sobre la vida y cómo nos afecta para que aprendas a interpretar los mensajes de tu cuerpo y a manejar todos tus recursos para mantenerte joven y lleno de energía sea cual sea tu edad Este libro te ofrece soluciones basadas en la medicina natural y las más novedosas terapias alternativas

y desmitifica t picos relacionados con la alimentaci n siempre apoyado en estudios recientes contrastados y en evidencias cient ficas r nCon su lectura aprender s a conquistar la salud desde un punto de vista hol stico en el que se trata al individuo en su conjunto es decir con sus tres cuerpos el f sico el mental y el emocional complementando la medicina natural con terapias naturales y descubriendo los secretos de la alimentaci n y de su papel preventivo y fundamental en el tratamiento de las enfermedades r nTambi n te ayudar a estar presente en la vida este libro es un resumen de las cosas bellas que nos rodean y un punto de reflexi n sobre lo que nos envejece lo que nos quita la energ a de vivir ya sea por factores externos como las toxinas psicol gicas que nos hacen disminuir poco a poco de vitalidad Porque mantener o prolongar la juventud con salud es el deseo de todo el mundo r n

Manual de medicina f sica y rehabilitaci n Walter R. Frontera,Julie K. Silver,Thomas D. Rizzo,2020-04-15 Todos los temas se presentan con un formato homog neo y de r pida consulta que incluye la descripci n del cuadro la exposici n de los s ntomas los hallazgos de la exploraci n las limitaciones funcionales y las pruebas diagn sticas Adem s los completos apartados de tratamiento describen los tratamientos iniciales las intervenciones de rehabilitaci n los procedimientos y la cirug a Contiene apartados espec ficos sobre las tecnolog as m s innovadoras en aquellas reas de tratamiento en cuyas estrategias terap uticas y de rehabilitaci n se han incorporado recientemente nuevas tecnolog as o dispositivos incluidos los exoesqueletos rob ticos los sensores portables y muchos otros Proporciona una cobertura extensa sobre los temas m s actuales en medicina regenerativa como las c lulas madre y el plasma rico en plaquetas PRP as como un cap tulo nuevo sobre dolor de la pared abdominal Ofrece los conocimientos y la experiencia de un renovado equipo de expertos para mostrar perspectivas innovadoras en reas complejas Constituye un recurso con una eminente orientaci n cl nica dirigido tanto a los profesionales como a los residentes que requieran un texto m s accesible y dirigido

Wong. Enfermer a Pedi trica Marilyn J. Hockenberry,Cheryl C Rodgers,David Wilson,2019-09-13 Obra de referencia en enfermer a pedi trica desde hace casi 40 a os que en esta edici n ofrece una extensa revisi n de los contenidos pero al mismo tiempo conserva aspectos fundamentales como su informaci n basada en la evidencia m s puntera su enfoque s lido e integrado en la familia y la comunidad su organizaci n l gica e intuitiva y su estilo de f cil lectura Marilyn J Hockenberry y Cheryl Rodgers junto con m ltiples expertos de enfermer a y especialistas de diversas disciplinas han revisado redactado o elaborado los fragmentos del texto relativos a las reas sometidas a cambios r pidos y complejos como son la enfermer a comunitaria desarrollo vacunas gen tica cuidados domiciliarios atenci n del reci n nacido de alto riesgo o cuidados paliativos

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