

Es Perfectamente Normal

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y ahora un plan completo para la mujer que desea rejuvenecer si tiene cuarenta y tantos o cincuenta y tantos años de edad para usted la palabra envejecer no tiene el mismo significado que tenía para su mamá o abuela qué va las mujeres de hoy en día contamos con un arsenal de avances médicos descubrimientos que paran el reloj en seco sin lugar a dudas usted igual que millones de mujeres modernas puede conservar un aspecto juvenil durante muchos más años que generaciones anteriores lo único que necesita es saber cómo hacerlo y es precisamente eso lo que aprenderá con este libro en rejuvenezca los expertos revelan cómo usted puede tonificar su cuerpo aunque sea una mujer de mediana edad borrar arrugas y líneas finas actualizar su maquillaje para crear un look nuevo y más fresco revertir el envejecimiento

con suplementos vestir con caché y quitarse años reavivar el fuego de su vida íntima también aprenderá cómo hacer pequeños cambios en su estilo de vida para prevenir o aliviar muchos de los males que pueden atacar a las mujeres maduras entre ellos sofocos bochornos calentones osteoporosis problemas de la memoria colesterol alto depresión diabetes problemas para dormir bien afecciones inmunitarias artritis cáncer de mama y mucho más además leerá las historias personales de mujeres que lograron rejuvenecer de prevention en español magazine la revista de salud más renombrada del país

la eyaculación precoz es una disfunción sexual relativamente frecuente y extraordinariamente destructiva de las relaciones de pareja sus causas solo en contados casos de índole fisiológica son de carácter psicológico familias problemáticas mensajes confusos sobre la sexualidad en la infancia dificultades con la pareja que en casi ningún caso implican trastornos de la personalidad para los hombres que padecen esta disfunción este libro es una buena noticia la eyaculación precoz es fácilmente curable en un noventa por ciento de los casos además uno mismo puede ser su propio terapeuta para ello debe lograr una percepción detallada de sus sensaciones sexuales a través de una serie de técnicas que este libro explica e ilustra

ecg en la práctica es una obra orientada a la práctica clínica que muestra cómo se utiliza el electrocardiograma para diagnosticar a los pacientes con patologías cardiovasculares y ayuda a decidir el tratamiento cada capítulo comienza con unos breves apuntes sobre la historia y el examen del paciente con el objetivo de ayudar tanto al cardiólogo como al médico de atención primaria a utilizar el ecg de la forma más inteligente y beneficiosa incluye una lista de referencia rápida de las diferentes condiciones cardiovasculares y hace hincapié en las particularidades de cada ecg ofrece un nuevo formato y diseño que facilita la presentación de los electrocardiogramas de 12 derivaciones en una página como novedad en la presente edición destaca un nuevo capítulo sobre electrofisiología y dispositivos eléctricos que responde al cada vez mayor uso de marcapasos y desfibriladores en los pacientes asimismo la sección qué hacer que aparece al final de los capítulos está totalmente actualizada e incorpora más resúmenes y tablas de enfermedades asociadas a patrones ecg en definitiva se han ampliado y añadido contenidos en la mayoría de los capítulos que están organizados de acuerdo a los síntomas presentados por los pacientes la obra es de gran interés para residentes y médicos de atención primaria ecg en la práctica es una obra orientada a la práctica clínica que muestra cómo se utiliza el electrocardiograma para diagnosticar a los pacientes con patologías cardiovasculares y ayuda a decidir el tratamiento cada capítulo comienza con unos breves apuntes sobre la historia y el examen del paciente con el objetivo de ayudar tanto al cardiólogo como al médico de atención primaria a utilizar el ecg de la forma más inteligente y beneficiosa incluye una lista de referencia rápida de las diferentes condiciones cardiovasculares y hace hincapié en las

particularidades de cada ecg ofrece un nuevo formato y diseño que facilita la presentación de los electrocardiogramas de 12 derivaciones en una página como novedad en la presente edición destaca un nuevo capítulo sobre electrofisiología y dispositivos eléctricos que responde al cada vez mayor uso de marcapasos y desfibriladores en los pacientes asimismo la sección qué hacer que aparece al final de los capítulos está totalmente actualizada e incorpora más resúmenes y tablas de enfermedades asociadas a patrones ecg en definitiva se han ampliado y añadido contenidos en la mayoría de los capítulos que están organizados de acuerdo a los síntomas presentados por los pacientes la obra es de gran interés para residentes y médicos de atención primaria

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