

Guarire Senza Medicine Libri Mondadori

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medicina in cucina è molto più di un libro è la guida per trasformare il cibo in un alleato di benessere e felicità I infiammazione cronica oggi sempre più diffusa si manifesta con sintomi spesso sottovalutati come stanchezza persistente disturbi del sonno dolorabilità diffusa e ritenzione idrica È un campanello d'allarme che se ignorato può aprire la strada a patologie più gravi come malattie cardiovascolari malattie autoimmuni e persino tumori la buona notizia È una condizione molto spesso reversibile e il primo passo per contrastarla è adottare abitudini alimentari e stili di vita sani in questo libro la dottoressa Giulia Ciccarelli specialista in medicina interna e divulgatrice seguitissima sui social offre strategie e consigli pratici per contrastare I infiammazione cronica e i più comuni disturbi gastrointestinali con uno stile che unisce rigore scientifico e semplicità ti guida alla scoperta degli alimenti più adatti a favorire un benessere duraturo migliorare la concentrazione e il sonno ridurre lo stress e ritrovare energia e forma fisica grazie alle sue

ricette semplici e gustose imparerai a costruire abitudini alimentari sostenibili senza perderti il piacere della buona cucina leggendo medicina in cucina scoprirai che mangiare bene non è una rinuncia ma un gesto d amore verso te stesso un modo per prenderti cura di te ogni giorno un boccone alla volta con consapevolezza e soprattutto gioia

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in a world that's constantly on the move and full of stress finding ways to take care of our mental health can be a challenge with the covid 19 pandemic affecting our lives in unprecedented ways prioritizing our mental wellbeing has become even more critical especially for those who are older or living in suburban areas feelings of isolation and anxiety can be overwhelming that's why the therapeutic benefits of reading are being rediscovered and are gaining renewed attention however what needs to be added is a comprehensive resource that delves deeper into the therapeutic value of reading particularly in the context of bibliotherapy improving mental health and wellbeing through bibliotherapy addresses this gap by bringing together experts from literary studies psychology and education through their insights readers will understand how literature can be used for healing and personal growth by exploring topics such as anxiety brain neurology children's literature and stress management this book provides practical strategies for incorporating reading into daily life to promote mental wellbeing

la medicina del futuro oltre ogni immaginazione la biologia dei sistemi il tutto non corrisponde alla somma delle parti il dna non è tutto anche i gemelli identici non sono identici il feto e il neonato sono padri dell'uomo trasmissioni epigenetiche transgenerazionali le modalità dell'invecchiamento dipendono dalla vita fetale nutrizione precoce e destino dell'individuo il primo pasto è come il primo respiro inno al latte materno le cellule staminali multipotenti del latte materno i nuovi abitanti del pianeta terra gli adulti nati con bassissimo peso fattori epigenetici che influenzano lo sviluppo del cervello alcol alluminio prematurità il meraviglioso e attivo mondo del feto siamo un ecosistema nel nostro corpo solo una cellula su dieci è umana cervello contro intestino una guerra continua dal pleistocene a oggi il cervello è una giungla e non un computer i disturbi dello spettro autistico e la microbiomica siamo una cosa sola con quello che mangiamo batteri amanti della cioccolata e vincitori di premi nobel gli animali e la scienza della guarigione medicina di genere e medicina rigenerativa

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