

Depuracion Corporal Nestor Palmetti

Edgardo Cruz Ibarra

Tecnicas Caseras Para la Depuracion Corporal Nestor Palmetti,2007-04 A recopilation of different concept of oriental medicine and recent scientific investigations looking for a solution of cronic diseases with no apparent cure. With an explanation of the human body and its functions, this book includes detox and cleansing routines as well as healthy foods for our day-to-day life.

Intestinos Nestor Palmetti,2007-06 Learn the functions of human intestines, the principal organ of the digestive track and along with it, many home techniques to eat and mantain a healthy life style. Includes a meal plan.

Depuración hepática Carla Zaplana,2022-01-07 El cuerpo es el vehículo que permite que nuestro ser crezca, se desarrolle, experimente y evolucione. Sabemos que funciona de manera holística y perfectamente coordinada, pero a veces se hace necesario prestar atención a la salud de ciertos órganos que tienen un papel fundamental en nuestro bienestar. Carla Zaplana, experta nutricionista y dietista, nos propone un programa práctico centrado en el hígado, un órgano que toma parte activa en más que quinientas funciones vitales. El objetivo es descongestionarlo, de manera que podamos procesar y eliminar mejor las sustancias tóxicas que entran en nuestro organismo. En este libro exploraremos el impacto de las toxinas en nuestro estado físico y emocional y descubriremos todos los beneficios de la depuración hepática para la salud. Y es que no se traduce solo en pérdida de peso y de retención de líquidos, sino que ayuda a combatir el hígado graso y además reduce la inflamación generalizada, mejora las digestiones, proporciona un descanso reparador y una mayor claridad mental. Además, Carla nos acompaña y nos guía paso a paso para que, dedicando simplemente 5 días al año, logremos un reset completo de nuestro organismo.

Manual de vida para mi hijo Edgardo Cruz Ibarra,2024-09-10 Hijo aquí encontrarás herramientas para mejorar tu vida. Dios te puso a cargo de ti mismo: Tú debes hacerte libre y feliz. Cualquiera que sea el tamaño de la oportunidad de cómo te tocó vivir, bendícela y aprovéchala. Eres tu proyecto más importante, comprométete contigo, con tu superación: Instrúyete, realízate, usa tu intelecto para renovarte... ¡Mejórate constantemente! Sé todo lo que puedas ser con tu mejor esfuerzo y actitud, transforma positivamente tu vida: Luchando por tu ideal, forjando tu carácter, alimentando tu virtud, creyendo en ti, defendiendo tu alegría, haciendo aquello que te apasione. Lucha por vivir bien, satisfecho, agradecido, contento, con lo mucho o poco que tengas, asegúrate de disfrutar cada suceso oportunamente, porque todo es frágil... ¡Nada dura para

siempre! Tu plenitud es tu presente, el secreto es valorarlo, persevera en apreciar lo cotidiano y encontrar deleite en cada cosa que hagas. Saca el mayor provecho de lo que eres, haces y tienes, así como del lugar donde estás, cuida como te sientas, lo exterior es reflejo de tu interior, si algo no te gusta: Cámbialo o acéptalo. Ante toda adversidad usa tus talentos: Con determinación logra aquello que te propongas. Confía en tu proceso de vida, tu bienestar comienza contigo, cada momento tienes una nueva oportunidad de elegirlo todo. Ámate, ama a todos, no pospongas por nada ni nadie tu felicidad: Conviértete en una versión más feliz de ti mismo. Ten consciencia que dentro de ti habita Dios, y en tu alma... ¡El poder de transmutarlo todo!

Boletín bibliográfico mexicano ,2007-05
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