

Lintestin Au Secours Du Cerveau

Carl Claus

L'intestin au secours du cerveau David Perlmutter, Kristin Loberg, 2017-08-30 Nos intestins sont notre deuxième cerveau, car ils peuvent le soigner ou le rendre malade. Dès notre naissance, ils accueillent une population de cent mille milliards de bactéries, que l'on appelle le microbiote. Le Dr David Perlmutter nous explique son fonctionnement, et son lien insoupçonné avec notre santé, des risques inflammatoires à l'obésité en passant par les troubles de l'humeur et l'autisme. La découverte de ce phénomène nous permet, tout d'abord, de comprendre l'impact de ce que nous mangeons, et notamment du gluten et du sucre, sur notre cerveau. Elle nous permet, surtout, de devenir acteurs de notre santé et de changer notre alimentation pour renforcer notre cerveau, en renforçant notre intestin. Cet ouvrage présente : un état des avancées de la recherche avec des résumés récapitulatifs ; des conseils pratiques, des recettes ; un programme alimentaire d'une semaine pour rééquilibrer son microbiote.

Cerveau abdominal et ostéopathie Nathalie Camirand, 2022-11-08 On parle de plus en plus du cerveau abdominal, de son microbiote et de leur impact sur la santé en général mais aucune synthèse de ces données rattachée aux concepts ostéopathiques n'existait à ce jour. Basé sur une revue de littérature exhaustive et ponctué d'intérêts ostéopathiques, ce livre propose une telle synthèse. L'auteure y développe une compréhension élargie et une approche spécifique du cerveau abdominal et du système immunitaire en regard de l'axe cerveau-intestin-pelvis (C-I-P). Dans la continuité de son premier ouvrage, *Axe cerveau-intestin-pelvis et ostéopathie. Cerveau encéphalique*, Nathalie Camirand reprend, dans ce deuxième volume, la même approche intégrative pour aborder la prise en charge des dysfonctions digestives, inflammatoires, immunitaires et des troubles de l'humeur. Elle nous présente d'abord ses concepts et sa méthodologie. Par la suite, elle se consacre à l'étude du tractus gastro-intestinal en tant que cerveau abdominal en décrivant sa structure, sa constitution, son système nerveux, les artères qui le circonscrivent, l'importance du nerf vague ainsi qu'à l'étude du système immunitaire. Elle répertorie enfin, en un seul ouvrage, tous les tests et techniques spécifiques tant au niveau viscéral, que sur les artères et les nerfs ainsi que l'intégration de ce travail au sein de l'axe C-I-P. Basé sur une expérience clinique riche et complété de près de 250 illustrations, ce deuxième tome apporte un éclairage novateur, indispensable au praticien pour mieux cerner, comprendre et prendre en charge ces problématiques.

Intuition, Creativity, Innovation Henri Samier, 2019-02-06 This book explores the scientific perspective on the concept of

intuition, particularly in relation to vibration, music and emotion. Taking a multimedia approach, it contains practical exercises that will help the reader to achieve greater intuition and develop their capacity for creativity and innovation. The exercises in this book come from over a hundred workshops worldwide in both business and higher education. They include, for example, the “Mind Map of Me”, an introspective exercise designed to develop trust and confidence in the self and the reader’s own intuition. The book opens the field of possibilities to the reader, offering encouragement and motivation to explore new approaches and techniques. With these tools, intuition can become a valuable ally in everyday life.

La face cachée du grand monde des microbes Boucar Diouf,2021-09-23T00:00:00-04:00 À quoi sert le virus de la Covid? C’est en voulant répondre à cette question que Boucar s’est lancé dans l’écriture de ce livre où il nous prend par la main pour nous faire vivre la fascinante histoire des microbes, ce monde invisible qui, depuis toujours, joue un rôle essentiel dans nos vies. Entremetteurs, cuisiniers et nounous, les microbes sont un mal nécessaire pour la survie de l’humanité. Plein d’espoir mais toujours lucide, le conteur biologiste nous montre à quel point notre destin est intimement lié à ces ancêtres très lointains. Et pourquoi on devrait avoir plus de respect pour cette forme de vie indispensable à la biodiversité, sans laquelle notre espèce n’existerait pas. Pour Boucar, les microbes « sont là pour enseigner l’humilité à ce bipède qui s’attribue le droit de vie et de mort sur le reste de la création. » Ce livre à la portée de tous nous ouvre les yeux sur l’infiniment petit et, avec bienveillance, nous rappelle que « qui massacre l’environnement récolte des virus ». Parole de Boucar!

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