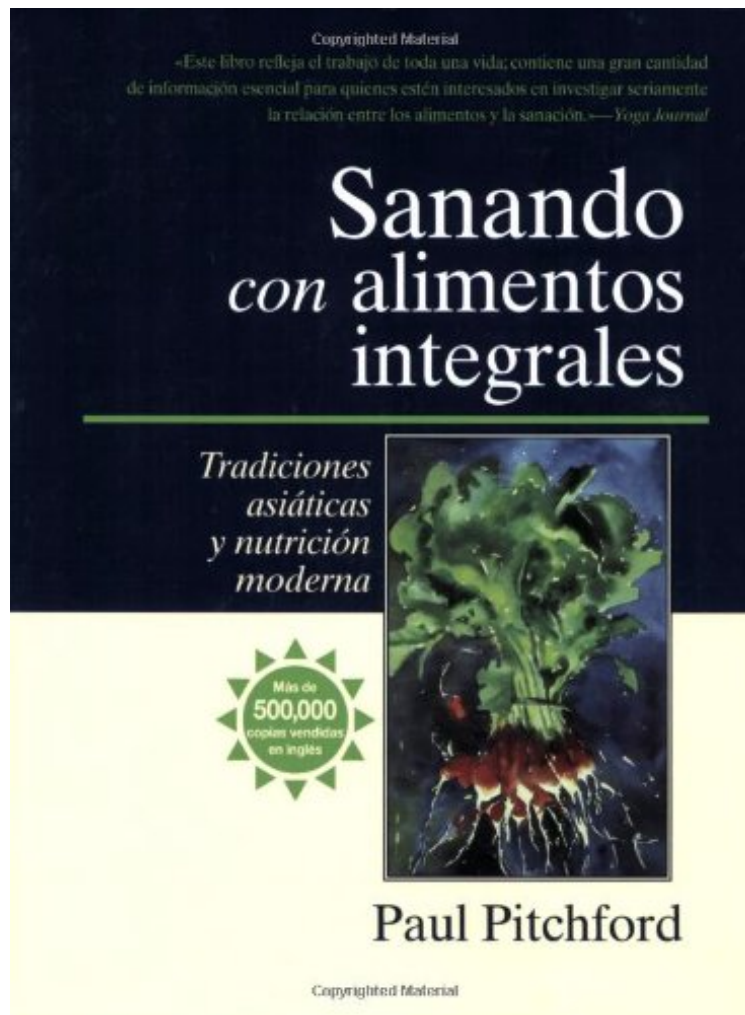


[Ebook free] Sanando con alimentos integrales: Tradiciones asiáticas y nutrición moderna (Spanish Edition)

Sanando con alimentos integrales: Tradiciones asiáticas y nutrición moderna (Spanish Edition)

Paul Pitchford

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Paul Pitchford : Sanando con alimentos integrales: Tradiciones asiáticas y nutrición moderna (Spanish Edition) before purchasing it in order to gauge whether or not it would be worth my time, and all praised Sanando con alimentos integrales: Tradiciones asiáticas y nutrición moderna (Spanish Edition):

1 of 1 people found the following review helpful. Five Stars By Customer muy interesante todo mundo deberia tener uno en su casa 3 of 3 people found the following review helpful. Excelente By Andrik G. Este libro es una autentica joya. Yo he sido una persona con problemas de salud la mayor parte de mi vida, y estudiando a consciencia este libro y aplicando en mi vida todas y cada una de las recomendaciones que se me aplican, mi calidad

de vida ha mejorado de forma impresionante. Definitivamente de lo mejor que he encontrado. 4 of 4 people found the following review helpful. Un clásico. Si usted tuviera que comprar uno solo libro en tu vida, respecto a la cura y mantenimiento de la salud a través de los alimentos, no pierda tiempo ni tampoco dinero buscando títulos: el libro de Paul Pitchford es un "must". Su visión de la cura y prevención de enfermedades se fundamenta en la tradicional medicina china, pero sin cerrar los ojos a otras escuelas. No es un libro para leer "de un tiro", sirviendo más como una obra de consulta (tiene 800 páginas) y recomendable, sobretodo, a los que buscan una fuente seria de estudios.

Healing with Whole Foods is recognized internationally as the authoritative source on integrative and personalized nutrition, merging modern nutrition with insights from ancient Asian traditions. Its more than 700 pages provide life-enhancing guidelines to renewal and rejuvenation, allowing readers to develop an optimal diet to fit their constitutional type. The book includes current guidelines on nutrition basics from fats and oils, sugars and sweeteners, and water to seaweeds, "green foods," and other nutritional items. Chinese and Indian ayurvedic healing arts are explored in depth. Pitchford offers clear information on how to gently transition to a diet of whole grains and fresh vegetables, with over 300 simple, tasty vegan recipes and data on the healing properties of these foods. Individual sections cover weight loss, women's health, digestive problems, food combining, fasting, children, pregnancy, aging, and more. Detailed "regenerative diets" and herbal treatments for cancer, arthritis, mental illness, drug and alcohol abuse, AIDS, and other degenerative conditions are here, along with a "parasite purge program" tailored to specific body types. This Spanish-language edition reinforces the Latino community's traditional ideas about nutrition and healing while also explaining the relevance of these practices in a North American context.

About the Author Paul Pitchford is a healer, teacher, and nutrition researcher. He has taught at various universities and schools of East Asian medicine, and lectured at numerous healing events. Pitchford currently directs several wellness centers and programs in Northern California, where he lives.