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# <u>Sientase Fabulosamente Bien Despues De L</u>

M.D D.P. DAVENAND

# Sientase Fabulosamente Bien Despues De L:

SIENTASE FABULOSAMENTE BIEN DESPUES DE LOS 50 GLORIA HUNNIFORD, JAN DE VRIES, 2004-10 Qu aspecto tengo C mo me siento C mo puedo empezar a hacer cambios C mo puedo comer y beber de una manera sana C mo puedo saber cu les son las mejores vitaminas los mejores minerales y los mejores oligoelementos C mo cuido mi peso Qu ejercicio debo hacer C mo he de cuidar mi coraz n y mi circulaci n C mo puedo cuidar mi piel y mi cabello C mo me enfrento a la menopausia C mo puedo mantener a raya a la osteoporosis C mo puedo enfrentarme al insomnio C mo puedo cuidar a mi pareja C mo puedo conseguir que mi vida amorosa siga siendo activa Cuando me jubile c mo puedo hacer que mi cerebro siga estando activo C mo puedo sacar lo mejor de la vida Para sentirse fabulosamente despu s de los cincuenta el nfasis debe hacerse en la Energ a y Vitalidad para tener la calidad de vida necesaria para hacer todas las cosas que gueremos en este ltimo tercio de nuestras vidas tanto si forma parte del trabajo como del ocio En otras palabras para vivir m s tiempo tener mejor aspecto y sentirnos m s sanos Gloria Hunniford es una celebridad en los medios audiovisuales americanos dirigiendo programas dedicados a la salud y a la calidad Jan de Vries es un distinguido natur pata Dirige varias cl nicas en toda Gran LOS SECRETOS DE LA ETERNA JUVENTUD SALLY BEARE, 2005-04-11 No hay duda de que la esperanza de vida de los seres humanos se ha incrementado significativamente con los avances cient ficos La medicina y las inversiones millonarias de las industrias farmac uticas han logrado ganarle importantes batallas al tiempo sin embargo llegar sano a los 100 a os o m s sigue siendo para la mayor a del planeta un delirio de grandeza Pero resulta que es posible Hay lugares del mundo en los que sus gentes superan a menudo y en buenas condiciones de salud los cien a os sin los medicamentos que en el resto del planeta logran apenas paliar los efectos imparables del envejecimiento ligado a la enfermedad y c mo lo logran Para Sally Beare viajera incansable y experta en nutrici n la respuesta es simple a trav s de una dieta y un estilo de vida adecuados A partir del descubrimiento de las formas de vida en Okinawa Symi Campodimele Hunza y Barna y tambi n de algunas de sus mejores recetas usted aprender de forma clara did ctica y amena los quince verdaderos secretos para permanecer sano y joven por mucho m s tiempo Sally Beare es periodista e investigadora en nutrici n cl nica en el British College of Nutrition and Health de Londres Empez a interesarse por la nutrici n tras experimentar una mejora radical en su salud gracias a un cambio de dieta alimenticia El proyecto de este libro surgi a partir de sus investigaciones sobre el envejecimiento y de sus viajes por todo el mundo en busca de los secretos de la eterna juventud **COMO POTENCIAR SU MEMORIA. 2a EDICION** M.D D.P. DAVENAND, 2008-10-30 A medida que las personas envejecemos se hace m s patente nuestra preocupaci n por la p rdida de memoria y c mo prevenirla Este libro basado en evidencias cient ficas y apoyado en pruebas cl nicas proporciona directrices espec ficas para prevenir la p rdida de memoria y pasa revista a los tratamientos m s avanzados para ayudar a aquellas personas que teniendo una memoria normal desean controlar su p rdida a medida que se hacen mayores Desde el conocimiento del proceso de funcionamiento de la memoria se establecen t cnicas de entrenamiento

cambios en la alimentaci n y medicaci n al alcance del lector para su puesta en pr ctica abriendo una puerta razonable al optimismo D P Devanand doctor en medicina por la Universidad de Yale es profesor de psiquiatr a cl nica y de neurolog a de la Columbia University Nueva York donde es codirector del centro para los trastornos de memoria <u>Bibliografía española</u>, 2005

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