



Medicina china (Cuerpo Y Alma / Body and Soul) (Spanish Edition)

Fabio Budris

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Desde hace miles de años, Oriente posee el secreto de la Medicina China Tradicional. Apaleando enfermedades y dolencias de millones de personas, se abre paso al mundo moderno occidental desde tan sólo un corto tiempo, trayéndonos la acupuntura, el qi gong, la fitoterapia, la auriculoterapia y la dietética, entre otras artes. En una forma fácil y comprensible se desarrollan en este libro los conceptos más importantes de esta medicina y su aplicación en nuestra vida diaria. Nos permite estar mejor, aliviar y curar dolencias y problemas de la salud, y nos brinda la oportunidad de acercarnos a este maravilloso mundo de las medicinas naturales y holísticas, las cuales entremezclan la filosofía, la comprensión del ser humano en relación con la naturaleza y una mejor calidad de vida.

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