



Salud con la edad: Una vida de bienestar físico y espiritual (Spanish Edition)

Andrew Weil Md

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La curación espontánea...Salud total en 8 semanas...Eating Well for Optimum Health...The Healthy Kitchen... en cada uno de sus admirados bestsellers, el Dr. Andrew Weil combina enfoques tradicionales y no tradicionales de la vida saludable.

Su nuevo libro, *Salud con la edad*, está basado en la creencia del Dr. Weil de que hay mucho que podemos hacer para mantener el buen funcionamiento de nuestros cuerpos y mentes en todas las fases de la vida, aunque el envejecimiento sea un proceso irreversible. Enormemente informativo, práctico y estimulante, está repleto de la simpática franqueza y del sentido común que han caracterizado todos sus libros.

Salud con la edad explica cómo envejece el cuerpo y describe diversos posibles elíxires para extender la vida –hierbas, hormonas, «medicinas» anti-edad, remedios naturales–, separando los mitos de los hechos, y delineando la diferencia entre ideas falsas y posibilidades reales.

También detalla una dieta fácil que protege el sistema inmunológico y ayuda al cuerpo a ser más resistente. Ofrece gran cantidad de consejos prácticos sobre ejercicios, cuidados preventivos, control del estrés, y crecimiento espiritual, todo lo cual puede ayudarle a obtener una salud óptima durante el proceso de envejecimiento.

Salud con la edad –un libro para personas de cualquier edad– es, hasta la fecha, el libro más importante y de mayor alcance de Andrew Weil.

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