



## un cerveau sain dans un monde toxique - solutions naturelles - mémoire, concentration, autisme, TDAH, Parkinson, Alzheimer.

By Gray, John

DE L'EVEIL, 2016. Paperback. Book Condition: NEUF. Il y a douze ans, John Gray apprenait qu'il était atteint de la maladie de Parkinson. La recherche de solutions naturelles qui lui ont permis de se soigner l'a amené à s'intéresser au cerveau et aux causes de ses défaillances. Il s'est entouré de chercheurs et d'experts en nutrition pour acquérir ses connaissances qu'il désire partager pour que chacun, en fonction de ses problèmes, puisse avoir une alternative naturelle et devenir acteur de sa santé. Troubles déficitaires de l'attention avec ou sans hyper-activité (TDAH), problèmes de mémoire, manque de concentration, Parkinson ou Alzheimer sont les symptômes de notre vie moderne. Bien manger, bien dormir et faire de l'exercice n'est pas suffisant. Notre corps a besoin d'être supplémenté pour retrouver la santé ou pour recharger nos batteries cérébrales. John Gray propose donc des compléments alimentaires dont il détaille les effets, et des programmes adaptés à chacun, selon ses besoins et ses problèmes de santé. Ce livre comporte une annexe fournie de références scientifiques venant appuyer ses propos. Il s'agit du premier tome d'une trilogie consacrée au cerveau. Le second aura pour thème la réduction du stress. - Nombre de page(s) : 240 - Poids...



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