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Download or Read Online Resumen Y Guía De Estudio - La Relación Mente-Intestino Free eBook (PDF/ePub/Mobi/Mp3/Txt) Lee Tang & Jeannette Antezana -, El resumen de lectura obligada, "La Relación Mente-Intestino: Cómo Impacta la Conversación Secreta, Al Interior de Nuestros Cuerpos en Nuestro Humor, Nuestras Elecciones y Nuestra Salud en General," por Emeran Mayer, MD.

Por muchos años, los doctores consideraban el cuerpo humano como una máquina compleja con partes independientes. La enfermedad era una descomposición de un solo órgano o gen, que puede ser arreglado a través de la medicación o la cirugía. No había necesidad de entender su causa. Este modelo ha funcionado para ciertas enfermedades agudas pero ha fallado al tratar muchos trastornos crónicos y neurodegenerativos.

Al día de hoy, nos damos cuenta que los complejos mecanismos regulatorios que nos mantienen saludables no operan en forma independiente. Nuestro cerebro, nuestros

intestinos y los microbios del intestino se comunican unos a otros constantemente para mantenernos saludables. Cuando este canal de comunicación está fuera de sincronización, puede resultar en problemas graves de salud.

En La Conexión Mente-Intestinos, El Dr. Emeran Mayer ofrece una visión de avanzada de la ciencia emergente de la comunicación cerebro-intestino. Él nos enseña cómo, con unos pocos cambios en nuestra dieta y estilo de vida, podemos perder peso, desarrollar una actitud más alegre y reducir el riesgo de enfermedades neurológicas como ser Parkinson y Alzheimer.

**Este libro redefine el significado de lo que es estar saludable y provee pasos prácticos para lograr esa meta.**

**Esta guía incluye:**

- *Resumen del Libro*-El resumen le ayuda a entender las ideas clave y las recomendaciones.
- *Videos En Línea*-Repetición a demanda de conferencias públicas y seminarios sobre los tópicos cubiertos en el capítulo.

**El Valor Añadido de esta guía:**

- Ahorro de tiempo
- Entender conceptos clave
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