



# REISE UM DEN KÖRPER IN 40 PUNKTEN (Spanish Edition)

*Alejandro Lorente*

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La milenaria medicina china ha demostrado a través de los siglos su enorme eficacia para tratar enfermedades y dolores de un modo rápido y seguro, siendo la digitopuntura, es decir, la presión con los dedos en determinados puntos del cuerpo, una forma sencilla y sumamente efectiva de tratamiento que uno puede practicar con los demás y consigo mismo. Basada en la ciencia de los meridianos y avalada por siglos de experiencia, este libro pone la digitopuntura al alcance de todos de un modo nunca antes expuesto al lector occidental. En esta obra el autor, un especialista reconocido internacionalmente, explica de forma fácil la localización de 40 puntos fundamentales en el tratamiento de numerosas dolencias comunes y cómo ejercer sobre ellos la digitopuntura. Dolores de muelas, de cabeza o de espalda, problemas articulares, estomacales o sexuales, insomnio, falta de vigor, alergias, rinitis o diarreas entre otras muchas y comunes dolencias, pueden ser tratadas y espectacularmente mejoradas por medio de esta sencilla práctica. Asimismo, conocimientos básicos de la medicina china y su concepción de la salud y enfermedad son tratados con amenidad y gran sentido didáctico. En resumen, un libro enormemente útil que le ayudará a mejorar su vida y la de los suyos.

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