



La salud perfecta (Zeta Espiritualidad) (Spanish Edition)

Deepak Chopra

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Aunque sentimos que nuestro cuerpo es algo solido, en realidad se parece mas a una llama que se consume y se reaviva continuamente. Por ejemplo, las paredes del estomago se renuevan cada cinco días, y la piel cada cinco semanas. Salud perfecta constituye un programa completo de salud integral que se ajusta a las necesidades individuales. Ayuda a restablecer el equilibrio basico entre el cuerpo y la naturaleza, fortalecer la conexion mente-cuerpo y superar las barreras comunes de la enfermedad y el envejecimiento. / Although we feel that our body is something solid, actually more like a flame that is consumed and constantly revives. For example, the stomach walls are renewed every five days, and the skin every five weeks. Perfect health is a complete program of comprehensive health care to suit individual needs. Help to restore the basic balance between body and nature, strengthening the mind-body connection and overcome common barriers of disease and aging.

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