



Alimentazione dei gruppi sanguigni (Psicoterapia e...) (Italian Edition)

Silvia La Chiusa

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Le emozioni influenzano il nostro stile alimentare che, a sua volta, incide sul nostro stato emotivo. Da tale riflessione nasce questo testo, con l'obiettivo di trasmettere un modello integrato tra emozioni e alimentazione legata al gruppo sanguigno.

È suddiviso in tre parti. Nella prima, vengono presentate le emozioni, con le funzioni e i risvolti sul corpo, dando spazio alla presentazione dei disturbi psicosomatici. Nella seconda, viene presentata la dieta dei gruppi sanguigni e vengono fornite, nel dettaglio, tutte le indicazioni alimentari specifiche per ogni gruppo. La terza, contiene importanti schede psiconutrizionali, di rapido accesso, al fine di consentirne una semplice consultazione.

Ponendosi come guida al mantenimento della propria salute psico-fisica e alla gestione di molti disturbi più o meno invalidanti, con questo testo - oltre a tutti coloro che operano nel campo dell'alimentazione e della salute - ARPANet si rivolge a tutte le persone comuni.

Tutti noi, esseri umani che ci emozioniamo e ci alimentiamo.

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