



Nuestro segundo cerebro (Spanish Edition)

Francisca Joly

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Ante el aumento acelerado de los problemas intestinales –gastritis, colitis, estreñimiento–, la comprensión del funcionamiento de nuestro sistema digestivo se vuelve primordial para preservar nuestra salud, no solo física sino emocional. Al comprender la estrecha relación del intestino con nuestro cerebro, a través de las neuronas que se conectan a través del Sistema Nervioso, se explica el porqué numerosas patologías estomacales y digestivas se asocian al estrés de la vida moderna. En este libro cuya autora es una destacada nutrióloga y gastroenteróloga, se da la pauta para identificar el origen de las enfermedades asociadas con este órgano, y se proporciona la clave para mantener o recuperar el equilibrio intestinal mediante soluciones simples para cambiar su alimentación, escoger la cocina más adecuada, privilegiar los alimentos sanos y utilizar los micronutrientes. Todos los principios básicos para tomar conciencia de nuestro intestino, con el fin de recuperar la salud sin recurrir a tratamientos médicos.

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