



## Alimenta Tu Cerebro: El Sorprendente Poder de la Flora Intestinal Para Sanar y Proteger Tu Cerebro de Por Vida (Paperback)

By M D David Perlmutter

Vintage Espanol, United States, 2015. Paperback. Condition: New. Language: Spanish . Brand New Book. David Perlmutter, autor del bestseller Cerebro de pan, vuelve a la carga con un asombroso dato: la flora intestinal influye de manera directa en cada aspecto de nuestra salud vital, incluido el sistema nervioso. Recientes hallazgos científicos han demostrado que las bacterias que se encuentran en el intestino interactúan de manera sorprendentemente activa con el cerebro, influyendo así en su funcionamiento. En este libro, el doctor Perlmutter nos explica cómo la salud de nuestra flora intestinal llega a determinar nuestro apetito, nuestro estado de ánimo e incluso el riesgo de padecer déficit de atención, Alzheimer y Esclerosis Múltiple, entre otros padecimientos. Ciertas decisiones aparentemente inofensivas, como tomar antibióticos, beber agua clorada, comer alimentos procesados e infestados de pesticidas o incluso un nacimiento por cesárea pueden causar cambios prolongados en nuestro microbioma y, por lo tanto, en la salud de nuestro cerebro. La buena noticia es que este puede ser fácilmente rehabilitado y su condición óptima puede recuperarse a través de ciertos hábitos alimenticios que aprenderás en este libro, tan simples que no solamente te ayudarán a perder peso, sino a restaurar tu flora intestinal y a...



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