

Valdo Vaccaro

# ALIMENTAZIONE NATURALE

Manuale pratico di igienismo-naturale  
La rivoluzione vegetariana:  
mangiare bene per vivere meglio



Artema Edizioni

# Valdo Vaccaro Alimentazione Naturale Manuale Pratico Di

**Valdo Vaccaro**



## **Valdo Vaccaro Alimentazione Naturale Manuale Pratico Di:**

**Alimentazione Naturale 2** Vaccaro Valdo, 2014-04-23 un libro indispensabile che completa le pubblicazioni Alimentazione Naturale nel 2009 Storia dell'igienismo naturale 2010 Dizionario di salute naturale 2012 per approfondire ed aggiornarsi sui problemi della nutrizione della salute e dell'etica osservati dall'angolo visuale della scienza naturale igienistica Trattasi di un testo semplice e chiaro eppure sorprendente e straordinario nei contenuti e nello stile capace di influire e incidere di far cambiare radicalmente il modo di pensare e lo stile di vita del lettore Alimentazione naturale adattata e ritagliata come un vestito su misura al corpo vegeto fruttariano crudista di cui dotato ogni essere umano indipendentemente dall'eventuale porzione di carne pesce cibo cotto che sta forse mangiando Nutrizione dunque che deve per forza puntare al veganismo all'igienismo naturale e al crudismo non per accontentare sparuti romantici e utopistici gruppi di idealisti vegetariani ma per rispettare in concreto e al meglio il proprio corpo e le stesse leggi della creazione Il vege fruttarianismo e il crudismo sono pertanto la verità e la perfezione assoluta per l'essere umano in quanto lo spingono ad alimentare la sua macchina umana col solo carburante possibile e privo di effetti devastanti che il carboidrato vivo e naturale confezionato dalla fotosintesi clorofilliana e dal sole caratterizzato da presenza proteica ottimale cioè minima ed assimilabile

*Alimentazione Naturale* Vaccaro Valdo, 2013-06-24 Un libro per approfondire ed aggiornarsi sui problemi della nutrizione della salute e dell'etica osservati dall'angolo visuale della scienza naturale igienistica Un testo semplice e chiaro che intende influire e incidere sul modo di pensare e lo stile di vita del lettore *Disegno intuitivo* Cuman Livia, 2013-06-24 Questo libro attraverso il disegno intuitivo vuole dare al lettore un mezzo per aprire e tenere aperte le porte dell'illimitato Il mezzo molto semplice immediato vivo economico Posso disegnare in qualsiasi luogo bastano solo un pezzetto di carta e una matita Il disegno intuitivo diventa parte dei cicli della natura dei cicli della vita dei cicli fisici Parte cioè di qualcosa che si ripete ogni volta diversamente e che mi permette di vedere il qui e ora sempre più chiaramente e coscientemente Il disegno intuitivo una meditazione speciale perché contemporaneamente con esso creo qualcosa di concreto il disegno Infatti questo disegno un avviamento all'azione e alla creazione sempre impregnate di terra e cielo di limite e illimitato per poter essere in terra così come in cielo *Storia dell'igienismo naturale* Valdo Vaccaro, 2014-02-19 Questo libro parte dalla storia antica e fa una efficace sintesi della scienza igienistica tramite le posizioni che i suoi personaggi più rappresentativi hanno espresso nel corso dei secoli e dei millenni Esiste non un divario ma un baratro culturale tra la cultura preponderante e decisamente maggioritaria dei medici e dei medicalizzati e la cultura igienisticonaturale e salutistica dei gruppi minoritari ed ardimentosi che si battono per un cambiamento radicale della vita del modo di pensare e dei metodi di assistenza sanitaria PITAGORA non ha regalato al mondo soltanto i suoi celebri teoremi che valgono forse il 5% del suo intero insegnamento ma andato ben oltre illuminando il genere umano con spunti e dritte filosofiche etiche e scientifiche che hanno lasciato il segno rivelandosi di assoluta attualità L'uomo di oggi ferito da insulti sempre più insopportabili nei suoi valori nella salute nello spirito nel sesso

nell'amore per la natura e gli animali e frastornato da pesti inventate da avvelenamento crescente di aria acqua e terra da terremoti sospetti e da scie chimiche tracciate sopra la sua testa prova un inarrestabile richiamo verso i valori impersonati dal grande filosofo di Crotone      Enjoy PATTARO SERENA, 2013-11-29 La felicità lo stato naturale di ogni essere vivente Anche il tuo Questo semplice manuale da mettere in pratica ogni giorno in qualsiasi momento in qualsiasi luogo in compagnia di qualsiasi persona o in solitudine ti porterà sull'Olimpo della felicità al solo patto che ti concentri sulla relazione più importante della tua esistenza quella con te stesso Quando nasciamo l'universo ci omaggia di tutta una serie di semi che racchiudono i codici del processo di sviluppo e crescita del nostro giardino I semi sono le qualità i sentimenti le emozioni sui quali decideremo di costruire quell'impero che la nostra macchina biologica amore gratitudine gioia abbondanza felicità oppure giudizio arroganza povertà rabbia sottomissione A seconda della direzione in cui si dirige il nostro impegno le piante diventeranno rigogliose Spesso la nostra attenzione viene intossicata dalle idee ed esperienze delle persone che ci circondano Quali piante vuoi rigogliose nel tuo giardino Come sceglierle senza intossicazione da condizionamenti esterni L'eliminazione degli inquinanti esterni il punto focale per essere davvero padroni della nostra vita      **Pittura intuitiva** Livia Cuman, 2014-02-18 un libro per tutti grandi e piccini che fa scoprire attraverso l'intuizione e il dipingere le proprie abilità Puoi creare da subito e questo dà una grande soddisfazione e un grande senso di pienezza fino ad arrivare a dire sono capace anche io Frase che poi spontaneamente viene trasferita nella vita di tutti i giorni Questo libro propone un cammino su tre piani Il primo pratico conoscitivo ci insegna ad usare e a conoscere i colori e le tecniche pittoriche Il secondo esperienziale dell'Io che attraverso il disegno e la pittura entra in contatto diretto con le sue percezioni e intuizioni inizia a sentirle proprie e a fidarsi di esse Il terzo pratico creativo dove la creazione inizia unendo due colori ad esempio blu e giallo dalla cui unione nasce un terzo Perci vengono date delle indicazioni molto precise nel primo e nel secondo livello mentre nel terzo si disegna senza un modello per far emergere il proprio modo che unico di dipingere la vita      **Alimentazione naturale. Le chiavi per una dietetica razionale. Conoscere il proprio corpo** Valdo Vaccaro, 2014      **Manuale di alimentazione naturale** Claudio Scarponi, 1988      **Manuale pratico di alimentazione** Mauro Maggio, Loretta Pini, 1987

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