



Toque Sanador El Plus Vitae

Judy Howard



Toque Sanador El Plus Vitae:

El toque sanador Alice Burmeister, Tom Monte, 1998-12 El Jin Shin Jyutsu es una antigua técnica japonesa que usa los dedos de las manos y la respiración para equilibrar la energía corporal eliminar el estrés regular la tensión emocional paliar el dolor y coadyuvar en el tratamiento de las enfermedades crónicas Esta guía explica con claridad y precisión todos los elementos necesarios para practicar el Jin Shin Jyutsu con uno mismo o con los demás y muestra decenas de ejercicios y técnicas para aplicar en dolencias específicas Las 40 plantas medicinales más populares Alfredo Ara Roldán, 1994-06 Las plantas medicinales han sido el método de curación natural más popular y utilizado por todas las culturas Hoy la tendencia de la sociedad al retorno a fuentes de salud más natural y que sean sencillas y eficaces ha permitido que las plantas medicinales recobren su justo protagonismo En esta obra conocer las virtudes terapéuticas de 40 de las plantas más populares seleccionadas en función de su eficacia en distintos tratamientos Encontrar las características de cada planta su empleo terapéutico su uso interno y externo y la dosificación Una obra excelente divulgativa y asequible para todo aquel que quiera iniciarse en el uso de las plantas medicinales **Los remedios florales del Doctor Bach para las mujeres** Judy Howard, 1994 Este libro es una magnífica contribución a la terapia floral del Doctor Bach en este caso en su relación con la feminidad En él se exploran con especial atención los aspectos emocionales que rodean las situaciones de crisis o los periodos de transición La adolescencia la preocupación por la figura el embarazo y el parto el síndrome premenstrual la menopausia la sexualidad los problemas del trabajo y la pareja son algunas de las facetas de la vida de una mujer que a veces son abordadas con estados negativos de la mente produciendo episodios de angustia e infelicidad La autora repasa uno a uno estos problemas y nos propone a partir de su dilatada experiencia como terapeuta el tratamiento con el remedio floral más adecuado **Bibliografía española**, 2005 **LEV**, 1999 Libros españoles, 1979 **Libros españoles en venta, ISBN**, 1999 *Libros españoles en venta*, 1999 **El Toque Sanador** Alice Burmeister, 2025-08-19 The Touch of Healing offers readers the means to greater health vitality and self understanding through the practice of an ancient oriental healing art and practical holistic philosophy called Jin Shin Jyutsu Gentle touching similar to acupressure is used to release tension that accumulates and is at the root of dysfunction disease and imbalance The authors explain the natural life force that runs through the body and demonstrate with case studies detailed analysis and more than 30 illustrations how to integrate this system into one's life The key healing points and body flows known as Safety Energy Locks are presented with step by step instructions on how to utilize them for healing and greater self awareness Many self help practices are also offered that address a wide array of common ailments including headaches digestive disorders fatigue depression and arthritis along with prescriptive exercises for relief of emotional ailments such as loss of confidence anxiety and depression

Toque Sanador El Plus Vitae Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Toque Sanador El Plus Vitae**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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