

10

SUPER-ALIMENTS

pour booster la santé



-1-

Fruits rouges



-2-

Poisson



-3-

Légumes-feuilles



-4-

Fruits à coque



-5-

Huile d'olive



-6-

Céréales complètes



-7-

Yaourt



-8-

Légumes crucifères



-9-

Légumes secs



-10-

Tomates

Les Aliments Bons Pour Le Corps Et Lesprit

C.A. Meinert



Les Aliments Bons Pour Le Corps Et Lesprit:

Les principes fondamentaux de la médecine chinoise, 3e édition Giovanni Maciocia, 2018-03-06 Les principes fondamentaux de la médecine chinoise demeure l'ouvrage de référence incontournable pour la connaissance la pratique et les applications cliniques de la médecine chinoise dans les pays occidentaux. Vritable bible l'ouvrage couvre de façon exhaustive les théories la base de la médecine chinoise et de l'acupuncture avec une précision et une clarté remarquables. Il offre également une présentation détaillée des points d'acupuncture avec leurs indications et associations principales. S'appuyant sur les textes chinois de référence anciens et modernes l'auteur accorde un soin particulier l'explication et l'adaptation des concepts traditionnels au contexte et aux pratiques cliniques occidentales. Cette nouvelle édition entièrement en quadrichromie propose plus de 750 dessins et 1000 tableaux et encadrés permettant de mettre l'accent sur des notions clés des particularités cliniques et des rappels des notions fondamentales de la médecine chinoise des études de cas plus nombreuses confrontant théorie et applications cliniques de multiples notes cliniques tout au long du texte des questions d'autoévaluation et leurs réponses permettant au lecteur de suivre pas pas sa progression personnelle ainsi que des conseils pour mieux retenir les points importants des annexes. Toiles des outils de prescription un glossaire des termes chinois un index thématique avec plus de 2500 entrées. Cet ouvrage se révélera vite le compagnon indispensable de tout étudiant en médecine chinoise et de tout praticien aguerri souhaitant rafraîchir ou enrichir ses connaissances dans le domaine. *Comment on se nourrit bien et à bon marché: étude de la question alimentaire* C.A. Meinert, 1883 *Le Diagnostic en médecine chinoise* Giovanni Maciocia, JOHN SCOTT & CO, 2020-08-25 Un regard détaillé et clinique sur la médecine chinoise Rédigé par Giovanni Maciocia auteur et enseignant de renommée mondiale cet ouvrage complet très illustré et facile à comprendre permet aux étudiants et aux praticiens d'interpréter avec soin toute une série de nuances diagnostiques. Il offre également une présentation détaillée pour chaque diagnostic par l'observation par l'interrogatoire par la palpation par l'ouïe et l'odorat un descriptif exhaustif des symptômes et des signes pour toutes les parties du corps ainsi qu'un chapitre regroupant des tableaux pathologiques avec les processus d'identification pour toutes les manifestations cliniques. Cette édition aborde la pratique au-delà de la théorie avec des notes cliniques et de traitement qui fournissent des informations pratiques sur l'acupuncture y compris le traitement base de plantes pour la plupart des symptômes et des signes ce qui permet une application clinique en thérapie. Plus de 350 photographies et illustrations en couleur qui illustrent les signes cliniques externes afin d'identifier les diagnostics de manière plus précise des encadrés et des tableaux récapitulatifs qui résument les éléments de base que vous devez connaître après avoir terminé un chapitre un contenu mis jour par un auteur expert qui présente les meilleures pratiques de diagnostic en médecine traditionnelle chinoise. Le commentaire sur la Torah Yaakov ben Yitzchak Ashkenazi, 1987 *Les Moralistes Français. Pensées de Pascal. Maximes et Réflexions de La Rochefoucauld. Caractères de La Bruyère. Œuvres de Vauvenargues. Textes ... révisés, complétés et annotés ... Précédés d'une notices sur chacun de ces écrivains* par

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