

Fitness Revolucionario Lecciones Ancestrales Para Una Salud Salvaje

Pilar Rodríguez

Fitness revolucionario. Lecciones ancestrales para una salud salvaje Marcos Vázquez, 2018-09-20 Escrito por Marcos Vázquez autor del popular blog Fitness Revolucionario. Olvida las dietas, escapa del gimnasio, únete a la revolución. Un libro absolutamente salvaje, que te impulsa a vivir de forma beneficiosa e invita a mejorar tu salud. La civilización tiene una relación paradójica con la salud. Por un lado, vivimos ahora más que nunca y tenemos acceso a comodidades impensables hace unas pocas décadas. Por otro lado, las nuevas tecnologías crean nuevos problemas, dando lugar a las enfermedades del progreso, como obesidad, diabetes, cáncer, aterosclerosis y depresión. Vivimos más pero pasamos más tiempo enfermos. Este libro detalla cómo evitar este triste destino. Entenderás por qué los genes tienen el secreto para deshacerse fácilmente del sobrepeso y conocerás los aspectos del mundo moderno que contribuyen a los trastornos del progreso. Te familiarizarás con las tradiciones de las poblaciones más saludables del planeta y aprenderás a aplicar la sabiduría del pasado para mejorar tu cuerpo en el presente. En un mundo plagado de mitos y falsas promesas, Fitness Revolucionario ofrece una visión científica y global para eliminar esos kilos de más, pero también para descansar mejor y vivir con más energía. Miles de personas han logrado su objetivo siguiendo los principios que encontrarás en este libro. Es el momento de experimentar una salud salvaje.

Fertility, Pregnancy, and Wellness Diana Vaamonde, Anthony C. Hackney, Juan Manuel Garcia-Manso, 2022-02-09 Fertility, Pregnancy, and Wellness is designed to bridge science and a more holistic approach to health and wellness, in particular, dealing with female-male fertility and the gestational process. Couples seeking to solve fertility issues for different reasons, whether failed assisted reproductive techniques or the emotional impact they entail, economic or moral reasons, are demanding more natural ways of improving fertility. This book explores the shift in paradigm from just using medications which, in the reproductive field, can be very expensive and not accessible to the entire population, to using lifestyle modifications and emotional support as adjunctive medicine therapies. This must-have reference brings together the current knowledge - highlighting the gaps - and delivers an important resource for various specialists and practitioners. - Offers insights from scientific and holistic methods, providing the available scientific evidence for (or against) different holistic

approaches, aimed at improving fertility, health and wellness - Bridges the more 'peripheral', yet critical and multidisciplinary, considerations in fertility, infertility, pregnancy and wellness - Includes clear, concise and meaningful summary conclusion sections within each chapter

Cocina saludable con poco tiempo Enol González Carbajo,2022-04-15 Muchas personas desean comer sano, pero por falta de tiempo no lo hacen. Con este ebook, cocina saludable con poco tiempo. Busco dar un poco de luz al asunto, y ayudarte a que tus comidas sean más saludables. A largo del libro vas a descubrir trucos y consejos para ganar tiempo en tu cocina, y así tener más tiempo para ti, sin que tu alimentación se resienta. Va a depender de ti comer más sano, yo te voy a dar las claves, mis mejores consejos y trucos que he aprendiendo durante mi formación en hostelería, mi experiencia en cocinas profesionales y todo el aprendizaje que me ha llevado a publicar este libro. Te voy a obsequiar con una herramienta como el planning semanal de comidas para que puedas tomar como ejemplo y empezar a construir por tu cuenta unos hábitos alimenticios saludables. Por supuesto, voy a incluir 20 deliciosas recetas que se elaboran en menos de 30 hora cada uno. Son sencillas y exquisitas. El resto dependerá de tus ganas, pero estoy convencido que te va a ayudar.

Las reglas del poder Antonio Pablo García Martín,2020-07-27 Conoce las reglas del poder y descubre las claves ocultas que te afectan y que nadie te ha contado para que no malgastes tu vida y energía. Además, este libro te enseñará las habilidades necesarias para hacer frente a los obstáculos de la vida y te ayudará en las grandes decisiones a tomar. Tendrás conocimientos y herramientas útiles y sencillas para realizar tu plan estratégico personal paso a paso, ayudándote de esta manera a que puedas alcanzar tu éxito de una forma natural. Si tienes este libro en tu mano, no lo sueltes, puede marcar una diferencia en tu vida. Este es un libro distinto a lo que estás acostumbrado. ¡Lo que descubrirás en este libro y sus resultados te sorprenderán! En este libro aprenderás: o ÉXITO. Te descubrirá los factores claves de éxito a tener en cuenta para dar un impulso a tu vida y vivas una vida mucho más próspera y plena. o CONOCIMIENTO. Te dará las claves e información relevante sobre aquellos temas sobre los que no se nos cuenta nada y son fundamentales para nuestra vida, como son, entre otros, el DESARROLLO PERSONAL, la INTELIGENCIA FINANCIERA y la SALUD. o REVELACIÓN. Te ayudará a mirar más allá de las realidades inmediatas y diferentes a las oficiales, para que te sirva de brújula y te hagas una idea más precisa del mundo complejo en que vivimos y conozcas las reglas ocultas de la sociedad. o PLANIFICACIÓN ESTRATÉGICA. Te proporcionará las herramientas adecuadas para que trabajes tu plan estratégico personal, priorices, clarifiques tus metas y consigas tus objetivos. o AUTOCONOCIMIENTO. Te ayudará a conectar contigo mismo. A que conozcas tus límites y tus fortalezas, para que logres la calidad de vida que desees y mereces mejorando a la vez tu vida personal y profesional. LAS REGLAS DEL PODER ES UN LIBRO DIFERENTE, REBELDE Y REVELADOR QUE TE DESCUBRE LAS CLAVES OCULTAS DEL SISTEMA Y TE AYUDA A ALCANZAR EL ÉXITO. NO LO DEJES ESCAPAR.

Perd pes i guanya salut Pilar Rodríguez,2019-06-06 Prepara't per perdre quilos i guanyar vitalitat. T'hi apuntes? No

te'n penediràs! N'estàs tip, de dietes miracle que l'únic que aconseguen són resultats transitoris a costa de matar-te de gana? I encara pitjor, dietes que, si et descuides una mica, fan que recuperis els quilos perduts o, fins i tot, encara en guanyis més? Sabies que perdre pes pot ser un procés agradable? En aquest llibre veuràs com sí! I, a més de comprovar-ne els resultats en poc temps, tindràs menús per a cada època de l'any, receptes i idees simples perquè els teus plats siguin ben apetitosos. No passaràs gana i, molt important, entendràs quin ha de ser el veritable canvi d'hàbits per perdre pes. Aquest programa és sensat i fàcil de seguir, planificat amb aliments de proximitat i de temporada, i basat en el curs de la revista digital Etselquemenges, un curs que ha aconseguit que milers de persones s'aprimin i se sentin molt millor. Pilar Rodríguez, dietista amb orientació naturista. Ha tingut la sort de formar-se amb referents del món de l'alimentació com Olga Cuevas, Lucía Redondo o Marc Vergés, entre d'altres. Actualment combina la consulta nutricional amb tasques d'investigació i redacció a la revista digital Etselquemenges, i també imparteix tallers d'alimentació saludable per a futures mares i nens.

Saludable mente / A Healthy Mind Marcos Vazquez, 2021-04-20 «Todo hombre, si se lo propone, puede ser escultor de su propio cerebro.» -SANTIAGO RAMÓN Y CAJAL El cerebro es lo que te hace ser tú mismo, y es mucho más moldeable de lo que piensas: lo esculpes con cada una de tus acciones. Además, investigaciones recientes afirman que no solo tiene la capacidad de cambiar, sino que lo hace constantemente. Cada experiencia vital moldea detalles microscópicos de tu esencia neuronal. Lo que haces altera lo que eres. El objetivo de este libro es ayudarte a entender mejor su funcionamiento, pero sobre todo, enseñarte a mejorarlo. Cuidar de tu cerebro no solo te ayudará a prevenir trastornos como la demencia, el Alzheimer o el Parkinson, sino también a rendir mejor en tu día a día. La salud del cerebro depende de la del resto del cuerpo, y no podemos optimizar su funcionamiento sin entender antes cómo influyen en él la dieta, la actividad física o el estrés ni considerar la estrecha relación entre nuestra microbiota y nuestro estado de ánimo así como el impacto del contacto social en nuestra salud mental. Las recomendaciones de Marcos Vázquez te ayudarán a mejorar tu capacidad de aprender y recordar, a aumentar tu resistencia ante la enfermedad mental, a entender cómo potenciar la plasticidad cerebral y a mejorar tu reserva cognitiva. Posees en tu cabeza el objeto más fascinante que jamás se ha descubierto. Es el momento de desvelar sus misterios y potenciarlo al máximo. ENGLISH DESCRIPTION "Every person, if they set their minds to it, can sculpt their own brains." —SANTIAGO RAMON Y CAJAL The brain is what makes you yourself, and it is much more moldable than you think: you actually sculpt it with each of your actions. In addition, recent research claims that not only do you have the ability to change, but you are doing so constantly. Each life experience shapes microscopic details of your neural substance. This book's objective is to help you better understand how your brain works, but above all, to teach you how to improve it. Taking care of your brain will not only help you prevent disorders such as dementia, Alzheimer's, or Parkinson's, but will also help you perform better in your day to day life. The health of the brain depends on that of the rest of the body, and to optimize its functionality we must first understand how diet, physical activity, or stress influence it, as well as the

impact of social contact has on our mental health. Marcos Vazquez' recommendations will help you improve your ability to learn and remember, increase your resistance to mental illness, understand how to enhance brain adaptability, and improve your cognitive space.

Saludable Mente Marcos Vázquez, 2021-01-28 El cerebro es lo que te hace ser tú mismo, y es mucho más moldeable de lo que piensas: lo esculpes con cada una de tus acciones. Además, investigaciones recientes afirman que no solo tiene la capacidad de cambiar, sino que lo hace constantemente. Cada experiencia vital moldea detalles microscópicos de tu esencia neuronal. Lo que haces altera lo que eres. El objetivo de este libro es ayudarte a entender mejor su funcionamiento, pero sobre todo, enseñarte a mejorarlo. Cuidar de tu cerebro no solo te ayudará a prevenir trastornos como la demencia, el alzheimer o el párkinson, sino también a rendir mejor en tu día a día. La salud del cerebro depende de la del resto del cuerpo, y no podemos optimizar su funcionamiento sin entender antes cómo influyen en él la dieta, la actividad física o el estrés ni considerar la estrecha relación entre nuestra microbiota y nuestro estado de ánimo así como el impacto del contacto social en nuestra salud mental. Las recomendaciones de Marcos Vázquez te ayudarán a mejorar tu capacidad de aprender y recordar, a aumentar tu resistencia ante la enfermedad mental, a entender cómo potenciar la plasticidad cerebral y a mejorar tu reserva cognitiva. Posees en tu cabeza el objeto más fascinante que jamás se ha descubierto. Es el momento de desvelar sus misterios y potenciarlo al máximo.

Vive más Marcos Vázquez, 2023-10-05 Herramientas prácticas para reducir la edad biológica y rejuvenecer. De la mano de Marcos Vázquez, el divulgador de salud más reconocido en habla hispana, vamos a adentrarnos en el proceso de envejecimiento del cuerpo humano para descubrir qué es y por qué y cómo envejecemos. Marcos Vázquez nos adentra en el proceso de envejecimiento del cuerpo humano para descubrirnos qué es y por qué y cómo envejecemos. Nuestra edad cronológica avanza siempre a la misma velocidad y en la misma dirección, pero nuestra edad biológica es mucho más flexible y moldeable; los últimos avances científicos indican que puede incluso retroceder: REJUVENECER ES POSIBLE. Vive más es la guía esencial para entender la ciencia de la longevidad y, sobre todo, para aplicarla de manera personalizada, proporcionando herramientas prácticas para mantener la salud y la vitalidad con el fin de ralentizar el envejecimiento y mejorar la calidad de vida y la apariencia. En ella aprenderás que el ejercicio es el elixir de la juventud, qué alimentos ralentizan el envejecimiento y qué efecto tienen estrategias como el ayuno intermitente. Nos enseña cómo potenciar el sistema inmunitario y optimizar las hormonas sexuales o cuáles son los mejores suplementos para alargar la juventud. En resumen, aprenderás las claves para morir joven, con muchos años. Pero Vive más va más allá. La última sección resume las tecnologías emergentes que nos permitirán, en pocas décadas, alargar de manera exponencial nuestra longevidad. El futuro es increíble, y está más cerca de lo que piensas.

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