



Corazón sano (Spanish Edition)

Michael Janson

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“En esta concisa guía el Dr. Michael Janson nos ayuda a entender los problemas cardiovasculares que todos podemos sufrir y describe los suplementos nutricionales y de herbolario más importantes para su prevención y curación.”(Web Librerías Aula médica)

“En definitiva, con toda la información que contiene, esta guía nos viene a recordar que, con un poco de voluntad, una alimentación sana y natural y una rutina de ejercicio moderado, mantendremos nuestro corazón en un perfecto estado de salud.”(Web Comentarios de libros)

Combatir las enfermedades del corazón es esencial en una sociedad como esta en la que el estrés y la falta de tiempo afectan negativamente a nuestro sistema circulatorio.

De todos es conocidos que el estrés, el tabaco, el alcohol y las grasas saturadas inciden negativamente en nuestro corazón, lo que descubre *Corazón sano* es que también lo hacen factores menos conocidos como la herencia genética, la resistencia a la insulina o las patologías dentales. También la alimentación es fundamental ya que el déficit de vitaminas como la B12 o el ácido ascórbico, la vitamina C, influyen en las cardiopatías. Minerales como el magnesio, que se puede encontrar en los cereales, en los vegetales o en las semillas, o el cromo y elementos como la coenzima Q10, beneficiosa también para el alzheimer o el parkinson, pueden ayudar a mantener en perfecto estado nuestro corazón.

Michael Janson explica los principales problemas cardiovasculares, sus síntomas y su tratamiento y cómo se pueden usar las vitaminas y los minerales para reforzar nuestra salud y para prevenir las enfermedades. Nos informa de datos concretos, por ejemplo, qué indicativos debemos buscar en nuestros análisis de sangre. Además nos enseña a usar de manera eficaz y segura los farmanutrientes de eficacia probada, con una alimentación sana y equilibrada, ejercicio aeróbico regular y los complementos administrados en su justa medida, nuestro corazón estará sano y libre de cualquier peligro.

Razones para comprar la obra:

- *Las enfermedades cardíacas son una de las primeras causa de muerte prematura en la mayoría de países del mundo, en algunos países como EEUU es la primera, el interés, por tanto, por esta obra es enorme.*
- *La perspectiva es distinta ya que, además de consejos para prevenir las enfermedades cardíacas, los tratamientos que proponen son de origen natural.*
- *La orientación de la guía es práctica, eso se refleja en su estilo claro, en su lenguaje accesible y en su vocación de llegar a todo el mundo.*
- *Escrita por un especialista médico de reconocido prestigio, tanto en medicina natural como en cardiopatías.*

Con este libro y un modo de vida sana, cualquier lector puede dejar de preocuparse por las enfermedades del corazón que en las sociedades contemporáneas se están convirtiendo en una auténtica pandemia.

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