

Download Chouchoutez Votre Cœur Romantic And Loving Novel Christian Brun Lire Livres PDF



Download or Read Online Chouchoutez votre cœur Christian Brun Free eBook PDF/ePub/Mobi/Mp3/Txt, D'ici 2030, selon une étude de l'OMS, près de 23,6 millions de personnes mourront d'une maladie cardiovasculaire... si l'on ne fait rien. La prévention cardiovasculaire est donc une urgence sanitaire ! Cet ouvrage nous explique concrètement, simplement, de façon décomplexée et avec beaucoup d'humour (ce qui n'empêche pas d'être sérieux !) comment fonctionne ce merveilleux organe, et surtout, de quelle façon le « chouchouter » pour éviter de le dégrader au quotidien.

Hypertension artérielle, insuffisance cardiaque, infarctus, arythmie... quelles sont les grandes maladies cardiovasculaires ? Comment le cœur fonctionne-t-il ? Quel rôle la diététique et le sommeil peuvent avoir sur nos problèmes cardiaques ? Homéothérapie, compléments alimentaires ou vitaminothérapie : quelle thérapie naturelle mettre en place ? Comment utiliser la méditation pour

détendre son cœur ?

Vous trouverez dans ce livre tous les conseils pratiques, naturels et simples pour un cœur heureux au quotidien !

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