



Revitalízate (INTEGRAL GENERAL) (Spanish Edition)

Jorge Pérez-Calvo

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Las mejores recetas de la cocina energética

Si ha sospechado usted alguna vez que, como reza la voz popular, somos los que comemos, éste es el libro que andaba buscando. Jorge Pérez-Calvo, médico especialista en dietoterapia, nos enseña cómo cada alimento que ingerimos posee una energía y propiedades muy específicas que, combinadas con sabiduría, pueden restaurar no sólo nuestra salud física, sino también nuestro ánimo y nuestro intelecto.

Migrañas, tristeza, mala circulación, falta de concentración, somnolencia o apatía: todo puede ser tratado en la cocina. Como ejemplo práctico de todo esto, *Revitalízate* nos ofrece además un completo recetario de fácil manejo, profusamente ilustrado, para ayudarnos a elegir cada día el plato más conveniente según nuestras necesidades. En definitiva, una completa y clara guía de consulta que nos hará comprender la importancia y el poder que residen en el arte de la buena alimentación.

Jorge Pérez-Calvo

Estudió en la Universidad Autónoma de Barcelona, y se formó en el Hospital Valle de Hebrón de Barcelona. Desde entonces lleva investigando y practicando con éxito la medicina integrativa, aunando lo más actual de la medicina moderna con los conocimientos médicos tradicionales, para comprender y curar las enfermedades de nuestro tiempo.

Su extensa experiencia en medicina natural, medicina tradicional china, acupuntura, dietoterapia, medicina biológica, terapia neural, medicina neurofocal, medicina macrobiótica, homeopatía, homotoxicología, auriculomedicina, nutrición ortomolecular y medicina psicosomática, entre otras disciplinas, le dan una comprensión holística y global del hombre y su naturaleza.

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