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Vivre Longtemps En Bonne Santeacute Coaching Santeacute

Daniel Gramme



Vivre Longtemps En Bonne Santé Coaching Santé:

Vivre Longtemps en Bonne Santé Alain MEDARD, 2018-11-30 Notre espérance de vie a augmenté mais pas notre espérance de vivre en bonne santé Pour y arriver il faut prendre en main sa santé C'est ce que nous vous aiderons à faire ici Ce livre est la retranscription du coaching santé et longévité que pratique son auteur C'est la rencontre de la science occidentale et des méthodes traditionnelles ou orientales avec des techniques ayant fait leurs preuves nutrition alimentation compléments alimentaires gainage cardio et yoga en passant par la cohérence cardiaque la méditation et le cerveau Vous pouvez démarrer immédiatement Pas besoin de matériel de préparation ni même d'un coach Vous saurez comment mettre en place de nouvelles habitudes et comment trouver la motivation pour faire des changements durables et vivre plus longtemps en bonne santé

Vivre Longtemps en Bonne Santé - les Techniques Anti-âge Pour Augmenter Votre Longévité Philippe Bastid, 2013-07-25 Nous voulons tous rester en bonne santé et en forme le plus longtemps possible Pour cela on peut soit s'offrir les futures technologies anti-âge Soit prendre en main sa santé C'est l'option choisie ici Ce livre est la retranscription et l'approfondissement du coaching santé et longévité que pratique et professe son auteur Philippe Bastid a une formation d'ingénieur des industries alimentaires et se passionne pour la nutrition et le fonctionnement du cerveau depuis plus de vingt ans Il a été responsable administratif puis responsable financier d'un groupe agro-alimentaire international Et il y a quelques années il s'est reconverti au coaching après être devenu Praticien en PNL et en Hypnose Ericksonienne Ce coaching est la rencontre de la science occidentale et de méthodes traditionnelles ou orientales Avec une sélection d'une vingtaine de pratiques reconnues comme les plus efficaces La nutrition les compléments alimentaires la respiration Le gainage le cardio le yoga et les massages La cohérence cardiaque la méditation le sommeil l'optimisation des capacités du cerveau la santé des yeux et la sexualité La force de ce coaching est qu'il apporte les savoir-faire nécessaires et suffisants pour démarrer immédiatement le reste de sa vie en meilleure santé Pas besoin de matériel de longue préparation ni même d'un coach même si on peut ensuite y avoir recours pour aller plus loin Tout est expliqué pour vous permettre d'en comprendre l'utilité et pour savoir comment passer à l'action Vous saurez par quoi commencer et par quoi continuer Vous apprendrez Comment mettre en place de nouvelles habitudes Et comment trouver la motivation pour faire ces changements Un mot de l'auteur L'originalité de ce coaching c'est d'utiliser des méthodes des plus sérieuses tout en essayant de ne pas se prendre trop au sérieux La vie est trop courte pour être austère alors adoptez des principes raisonnables mais appliquez-les avec un peu de plaisir et de fun Demandez sur cette page l'extrait et commencez booster votre santé et votre durée de vie *L'Art de vivre longtemps en bonne santé, par le Dr Albert Lasalle. Avec préface de M. le Dr de Nabias* Dr. Albert Lasalle, Barthélemy de Nabias, 1906

Rester Jeune (French Edition) Markhyman French, 2023-04-07 Le vieillissement a longtemps été considéré comme un processus normal Nous pensons que la maladie la fragilité et le déclin progressif sont des éléments inévitables de la vie Mais ils ne le sont pas La science considère aujourd'hui le vieillissement comme une maladie traitable En s'attaquant aux causes

profondes du vieillissement nous pouvons non seulement améliorer notre espérance de vie et vivre plus longtemps mais également prévenir et inverser les maladies du vieillissement notamment les maladies cardiaques le cancer le diabète et la démence Dans *Young Forever* le Dr Mark Hyman nous met au défi de réimaginer notre biologie notre santé et le processus de vieillissement Pour découvrir les secrets de la longévité il explore les caractéristiques biologiques du vieillissement ses causes et ses conséquences puis nous montre comment les surmonter avec de simples stratégies alimentaires de style de vie et de longévité émergentes Tu vas apprendre Comment optimiser les commutateurs de longévité clés de votre corps Comment réduire l'inflammation et soutenir la santé de votre système immunitaire Comment faire de l'exercice dormir et se détendre pour vieillir en bonne santé Comment manger pour vivre longtemps avec le régime Pegan du Dr Hyman Quels suppléments vous conviennent Ouvre la recherche sur le vieillissement Avec des dizaines de conseils ainsi que 30 délicieuses recettes anti-âge *Young Forever* est un guide révolutionnaire et pratique pour créer et maintenir la santé pour la vie **L'art de vivre**

longtemps en bonne santé Albert La Salle, 1906 Vie & santé Christophe Tedje, 2022 *30 ans sans médicaments* André Giordan, 2017-02-15 A la suite de graves épisodes fiévreux que la médecine n'arrivait pas à traiter André Giordan choisit un mode de guérison personnel couter son corps Dans ce livre plein d'énergie sans idées préconçues il nous incite à rechercher notre propre méthode pour mieux vivre dans notre corps et notre esprit **Santé, longévité, immortalité** René Schnell, 1967

Centenaire ? Pourquoi pas ! Daniel Gramme, 2009-03-17 Dans ce livre pratique d'une lecture aisée et plein de bon sens il couvre les réponses des questions aussi importantes que celles-ci Faut-il manger moins en vieillissant Dépistage ou prévention que choisir Le vin source de longévité Faut-il combattre le cholestérol tout prix Comment s'assurer une bonne immunité Pourquoi la femme vit-elle plus longtemps Etc Vous y trouverez des solutions pour éviter le maximum d'erreurs qui précipitent ou aggravent les maladies et la dégénérescence en optant pour des pratiques naturelles afin d'éviter les remèdes et autres bêtises synthétiques Résultat d'observations d'une trentaine d'années sur les personnes âgées qui conservaient une bonne santé et une bonne vitalité sans médicaments cet ouvrage est une synthèse pratique qui permettra aux lecteurs d'avoir une vue d'ensemble sur la longévité Pour faciliter la compréhension des lecteurs le livre divisé en 32 chapitres permet d'aborder au fur et à mesure les divers paramètres de la santé Il est le résultat d'observations directes sur les différents modes alimentaires et régimes de vie au travers de consultations d'iridologie et de naturopathie appliquée Le système Mora par l'intermédiaire des meridians d'acupuncture a également un très bon outil de connaissance et d'approfondissement L'objectif principal de cet ouvrage est d'aider le maximum de personnes à vieillir harmonieusement en restant jeune et en excellente santé Vous comprendrez comment mieux vivre pour vieillir autrement et pourquoi pas après tout devenir centenaire Vivre en bonne santé plus longtemps Michel Morin, 2015

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