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Combatir la alergia de modo natural (Spanish Edition)

A. K. Sethi

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Puesto que la alergia tiene un caracter cronico, el mejor recurso para afrontarla pasa por aprender a evitar los alergenos, o factores causantes de aquella. Escrito para legos en la materia, este libro aporta una informacion completa, sucinta y fundamentada sobre todos los aspectos de la alergia. El enfoque convencional de la medicina moderna tiene sus limitaciones en el momento de tratar este trastorno, por ello se describen tambien detalladamente los ultimos avances de terapias alternativas contrastadas. Ademas, se abordan los aspectos del diagnostico para una mejor comprension de las diferentes dolencias y sus tratamientos. Es un libro unico en su genero, dado que no se limita al tratamiento alopatico, sino que ofrece una guia fundamentada de terapias alternativas procedentes de distintas tradiciones y fuentes: ayurveda, yoga, homeopatia, naturopatia, magnetoterapia, cromoterapia, digitopuntura, musicoterapia, Vastu Shastra y un amplio etcetera. / This book covers typical allergic reactions such as, breathing problems, inflammation, watery eye, sneezing, coughing, itching, puffy face, vomiting, and intestinal irritation etc.Allergies are adverse immune system reactions to a substance that would normally be considered harmless. Possible allergens include specific foods, dust, pollens, molds, spores, pets and a host of other irritants.

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