



Die Botschaften unseres Körpers: Ganzheitliche Gesundheit ohne Medikamente (German Edition)

Jean-Pierre Barral

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Gesundheit ohne Medikamente

Er ist einer der bedeutendsten Wissenschaftler der Gegenwart: Der französische Osteopath Jean-Pierre Barral. Mit diesem Buch legt er seinen ersten populären Ratgeber vor. Er beschreibt darin die Zusammenhänge zwischen unseren Organen und unseren Emotionen und zeigt, wie sie sich gegenseitig beeinflussen. In leicht verständlicher Sprache werden für jedes Organ dessen Funktion, mögliche Störungen und die Gründe hierfür aufgezeigt. Anschließend nennt Barral einfache und effektive Behandlungsmöglichkeiten für die sanfte Selbsthilfe bei körperlichen Beschwerden – ganz ohne Medikamente.

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