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THE GUT

Our Second Brain



Le Ventre Notre Deuxiegraveme Cerveau

Fabrice Papillon, H  loise Rambert



Le Ventre Notre Deuxième Cerveau:

Le ventre, notre deuxième cerveau Fabrice Papillon, H  lo  se Rambert, 2014-10-16 Le ventre rec  le un tr  sor un deuxi  me cerveau Si celui du haut pense se projette et r  fl  chit celui du bas peupl   de milliards de neurones veille    notre digestion et agit de son c  t   Mieux encore on sait d  ormais qu'une conversation secr  te existe entre les deux Notre ventre extraordinaire cosyst  me bact  rien en symbiose avec notre organisme joue un r  le majeur dans nos motions N'est-ce pas la cl   de l'efficacit   de la m  decine chinoise face    la n  tre impuissante soulager bien des maux Plus surprenant l'activit   du ventre influencerait notre personnalit   et nos choix nous rendrait timides ou t  m  raires Ces d  couvertes ouvrent d  immenses espoirs th  rapeutiques Des maladies graves comme celle de Parkinson pourraient na  tre et se d  velopper dans le cerveau du bas avant d'atteindre celui du haut Cet ouvrage passe en revue ces fascinantes et troublantes d  couvertes et propose une s  rie de conseils pratiques alimentation m  ditation respiration massages probiotiques pour nous aider mieux conna  tre et contr  ler notre ventre et donc notre bien   tre *Zur Verwendung von Anrufen, Ausrufen, W  nschen und Gr   en* ,1941

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