



# **El Poder Curativo del Cuerpo: Provoque un profundo cambio en su salud en 10 días o menos (Spanish Edition)**

*Art Brownstein*

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Scientists and medical experts have always stood in awe of the human body's ability to restore and maintain a healthy state, even with little or no outside intervention. It relies on its own finely tuned healing system—not the immune system, but a vast reservoir of cellular intelligence that helps repair, restore, and even rejuvenate the body and mind.

This healing system is the number one reason behind so-called miraculous recoveries. Now, for the first time, *El Poder curativo del cuerpo* reveals a simple strategy to rev up the body's healing powers in 10 easy steps—from adding healing herbs to one's diet to learning to slow down and conquer stress—that will boost the body's natural ability to heal. All of the information and recommendations draw on cutting-edge scientific research as well as case studies from Dr. Brownstein's own patients. By applying the simple self-care strategies in this book, readers can sharpen their bodies' responses to illness and injury, producing measurable improvement in their health in as little as 10 days. It also offers remedies that can bolster healing for a range of health concerns, including osteoarthritis, diabetes, high blood pressure, thyroid disorders, headaches, sinus infections, ulcers, and skin rashes. *El Poder curativo del cuerpo* is a layperson's guide to the body's amazing healing potential.

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