



El poder curativo de la naturaleza (INTEGRAL) (Spanish Edition)

Alan C. Logan, Eva M. Selhub

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La naturaleza como fuente de salud, vitalidad y bienestar

El cerebro humano es increíblemente complejo, pero los neurocientíficos están descubriendo un elemento crucial para la óptima salud cerebral que se ha utilizado siempre y que al mismo tiempo resulta extraordinariamente simple: la inmersión en la naturaleza. En este sorprendente repaso de las últimas investigaciones científicas, Eva Selhub y Alan C. Logan revelan de qué forma el cerebro humano está estrechamente ligado al mundo natural y cómo podemos beneficiarnos de esta conexión. Además demuestran que el vínculo del hombre con la naturaleza es un elemento esencial en nuestras vidas.

El poder curativo de la naturaleza ofrece el antídoto para aquellas personas adictas a la tecnología en el que podrán encontrar:

- Métodos naturales científicamente probados para reducir el estrés, mejorar nuestras capacidades cognitivas y potenciar la eficacia del ejercicio físico.
- Un fascinante análisis de los efectos de la naturaleza y la tecnología en el funcionamiento del cerebro y en el bienestar general del individuo.

Eva M. Selhub

Asociada clínica del Benson Henry Institute for Mind/Body Medicine en el Hospital General de Massachussets y profesora de la Facultad de Medicina de Harvard. Es autora de *The Love Response* y sus artículos se han publicado en revistas médicas y periódicos de alcance nacional como *The New York Times*, *USA Today*, *Self*, *Shape*, y *Fitness*.

Alan C. Logan

Doctor en naturopatía, científico e investigador independientemente especializado en medicina nutricional y ecoterapia. Actualmente es profesor invitado en los cursos de medicina mente-cuerpo de la Escuela de Formación Continua de Harvard. Es autor de *The Brain Diet*.

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