

Aromaterapia Naturopatica (Fare naturopatia) (Italian Edition)

Luca Fortuna



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L'Aromaterapia identifica il complesso di azioni sulla salute fisica e psichica, prodotte dall'impiego di oli essenziali. È essenzialmente "olistica" e "naturopatica" in quanto, letta e compresa in tutti i suoi livelli e possibilità, ha un'azione globale ed è una delle discipline fondamentali della Naturopatia.

Le essenze aromatiche sono certamente uno dei più potenti doni della Natura offerti all'uomo per il suo benessere. Agiscono su tutti i piani, da quelli più fisici e organici, fino ai piani sottili a cui arrivano grazie all'olfatto, che comunica direttamente, oltre che con l'ipotalamo, sede degli istinti, con il sistema limbico, sede delle emozioni, e l'ippocampo, luogo delle memorie. Il testo sviluppa anche lo studio degli oli essenziali più utilizzati.

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