



## La cocina de la felicidad

By Ortemberg, Adriana

BOOKS4POCKET EDITORIAL, 2013. Condition: Nuevo. Los alimentos y nuestras emociones Desde la infancia, la comida se utiliza para celebrar momentos felices, calmar la angustia o consolar la tristeza. Hoy día, está demostrado que la elección de los alimentos influye directamente en nuestras emociones. Según lo que comamos, nos sentiremos eufóricos, relajados o felices. Asimismo, una nutrición inadecuada provocará depresión, fatiga o ansiedad. Adriana Ortemberg, naturópata especializada en nutrición, pone sobre la mesa la "cocina de la felicidad" y enseña cómo potenciar el bienestar físico, emocional y espiritual en cada caso particular. Mediante amenas explicaciones sobre la bioquímica de las emociones, el lector descubrirá qué alimentos le convienen más y aprenderá a elaborar su propia cocina creativa con cien deliciosas recetas. Eminentemente práctico, basado en ingredientes habituales en nuestras cocinas, la obra de Adriana Ortemberg destaca por la sencillez y accesibilidad con que pone a nuestro alcance una nutrición sana para el cuerpo, la mente y el corazón.

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