



Inteligencia digestiva - una vision holistica de tu segundo cerebro (Psicología y salud) (Spanish Edition)

Irina Matveikova

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Una visión holística de tu segundo cerebro

<http://www.lavanguardia.com/lacontra/20120206/54250340177/irina-matveikova-tenemos-dos-cerebros-cabeza-estomago.html>

- La hidroterapia de colon
- Estreñimiento, laxantes e hinchazón
- El concepto de cerebro digestivo
- Envejecimiento y sistema digestivo

«Según el entender más común, el intestino es una parte del cuerpo con forma parecida a una serpiente, que además es muy fea, maloliente y produce sonidos socialmente no aceptados. Sin embargo, poseemos un verdadero cerebro dentro de nuestras entrañas y su función neuronal resulta muy parecida a la actividad cerebral de la cabeza, de donde surge todo lo bello (...). Nuestro sistema nervioso entérico es nuestro segundo cerebro, y no se trata de una metáfora».

Estas esclarecedoras palabras de la doctora Irina Matveikova nos acercan a un mundo poco conocido: por qué nuestra mente no puede controlar las funciones digestivas; por qué esta resistencia pone de mal humor e irrita a mucha gente, que busca solucionar de inmediato sus problemas de digestión, hinchazón, estreñimiento o los dolores producidos por su colon irritable; por qué suele ser preciso un tratamiento prolongado para recuperar el equilibrio interno; por qué la conducta digestiva influye sobre el pensamiento, el estado de ánimo o la productividad intelectual...

Desde una perspectiva holística y con un profundo sentido didáctico, la autora de Inteligencia digestiva defiende la importancia de cuidar el cuerpo y mantenerlo limpio, porque si en nuestro «templo» no hay salud, todo lo demás es mucho más difícil.

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