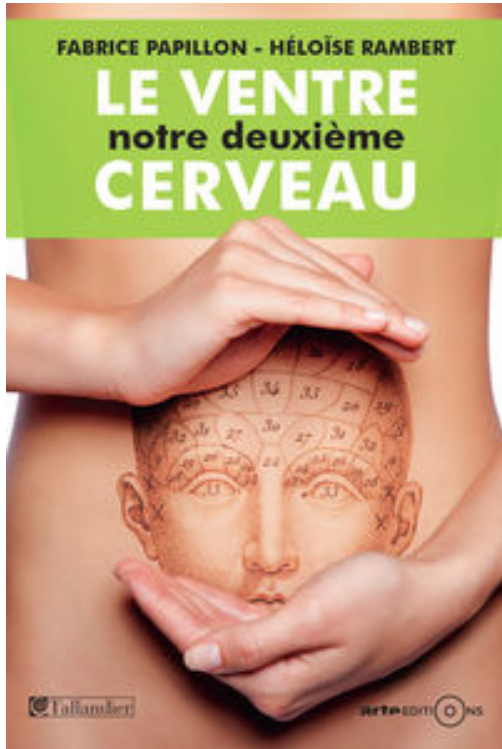


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Lire des ebooks Le ventre, notre deuxième cerveau Fabrice Papillon & Héloïse Rambert PDF, ePub, mobi, Le ventre recèle un trésor : un deuxième cerveau ! Si celui du haut pense, se projette et réfléchit, celui du bas, peuplé de milliards de neurones, veille à notre digestion et agit de son côté. Mieux encore, on sait désormais qu'une conversation secrète existe entre les deux. Notre ventre, extraordinaire écosystème bactérien en symbiose avec notre organisme, joue un rôle majeur dans nos émotions. N'est-ce pas la clé de l'efficacité de la médecine chinoise face à la nôtre, impuissante à soulager bien des maux ? Plus surprenant, l'activité du ventre influencerait notre personnalité et nos choix, nous rendrait timides ou téméraires. Ces découvertes ouvrent d'immenses espoirs thérapeutiques. Des maladies graves, comme celle de Parkinson, pourraient naître et se développer dans le cerveau du bas avant d'atteindre celui du haut. Cet ouvrage passe en revue ces fascinantes et troublantes découvertes et propose une série de conseils pratiques (alimentation, méditation, respiration, massages, probiotiques) pour nous aider à mieux connaître et contrôler notre ventre, et donc, notre bien-être.

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