



# Remedios naturales para el estrés y la fatiga (MANUALES INTEGRAL) (Spanish Edition)

*Rosa Guerrero*

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## Los factores que los propician y las soluciones para combatirlos

El estrés patológico y la fatiga crónica son dos de los principales problemas de salud, pues provocan disfunciones fisiológicas y vitales en el individuo que acaban originando enfermedades graves. Los ansiolíticos y los antidepresivos son los fármacos más recetados pero crean dependencia y merman la calidad de vida. Este libro describe cuál es la aportación de las terapias naturales en el tratamiento de las somatizaciones que provoca el estrés, pues no solo se trata de mitigar los síntomas, sino de equilibrar la respuesta de cada persona para que pueda ejercer un <> de su estrés.

En este libro podrá encontrar:

- Las fases del estrés y los principales estresores.
- Las causas de la fatiga y la respuesta del cuerpo.
- Consejos para prevenir y descargar el estrés y orientaciones dietéticas para equilibrar el organismo.
- Los tratamientos naturales más comunes: fitoterapia, complementos ortomoleculares, remedios homeopáticos y esencias florales.
- Test de autoevaluación.

## Rosa Guerrero

Licenciada en Ciencias de la Información, diplomada en Naturopatía, experta en nutrición ortomolecular y postgraduada en Homeopatía. Es terapeuta, tiene editados diversos libros sobre terapias naturales y colabora habitualmente con publicaciones sobre salud natural.

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