

# Télécharger Livres Gratuit Comer, treinar, dormir (PDF | ePub | Mobi) Dra. Samyra Layaun DataBase Book



Quando a médica Samira Layaun, há muitos anos praticante de corrida, decidiu escrever um livro sobre a importância da alimentação, do sono e, principalmente, dos exercícios físicos na prevenção e no tratamento de doenças, ela tinha dois objetivos principais em mente - O primeiro era incentivar as pessoas a se exercitarem mais. O segundo era ajudá-las a entender que seu corpo não foi feito para ficar doente. Dra. Samira escreveu um manual de instruções sobre o funcionamento do corpo e seus mecanismos de defesa contra agressões de ordem física, psicológica, microbiológica e metabólica.

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