



Innovatiekracht in de langdurige zorg

Langer Vitaal Blijven De Beheersing Van Het Verouderingsproces

Léo Pomar



Langer Vitaal Blijven De Beheersing Van Het Verouderingsproces:

Langer vitaal blijven J. G. Defares, 1982 De Nederlandse arts en hoogleraar behandelt een aantal medische aspecten van het ouder worden waarbij hij vooral ingaat op het belang van de celtherapie **National Library of Medicine Current Catalog** National Library of Medicine (U.S.), **Current Catalog** National Library of Medicine (U.S.), First multi year cumulation covers six years 1965 70 Elseviers magazine ,1983 *Brinkman's catalogus van boeken en tijdschriften* ,1992 With 1901 1910 1956 1960 Repertorium is bound Brinkman's Titel catalogus van de gedurende 1901 1910 1956 1960 Title varies slightly *Brinkman's cumulatieve catalogus van boeken* ,1987 Voorts een alfabetische lijst van Nederlandsche boeken in België uitgegeven Boekblad ,1986-05 Gezond en vitaal oud worden Henk de Valk, 2013-02-04 Wat gebeurt er in uw lichaam als u ziek wordt en wat kunt u doen om dit te voorkomen Het blijkt dat bij vrijwel alle aandoeningen hetzelfde gebeurt zes grote inwendige ziekmakers verzwakken uw gezondheid en veroorzaken 90% van de westerse ziekten Hoe we dit kunnen voorkomen leren we van enkele nog traditioneel levende volken die een ongewoon goede gezondheid genieten van de moderne wetenschap Henk de Valk onderscheidt zes ziekmakers die de veroorzakers zijn van de grote ziekten zoals vaatziekten kanker diabetes dementie depressie en osteoporose De zes ziekmakers zijn hyperaciditeit ontsteking oxidatie overbelasting van het stress systeem overbelasting van de darm en overbelasting van de alvleesklier Het boek biedt inzichten in de ontstaansmechanismen van ziekten en koppelt die ook aan leefstijl Door deze ziekmakers uit te schakelen zal een mens niet alleen veel ouder worden maar ook veel langer vitaal kunnen blijven Een checklist maakt het mogelijk al snel een aantal keuzes te doen en ze zijn niet bepaald ingewikkeld of onmogelijk waardoor belangrijke en vaak simpele stappen in de richting van een goede gezondheid kunnen worden gezet De grote ziekten die ons teisteren zijn vooral leefstijlziekten Ze zijn grotendeels te voorkomen Het is een realistisch boek dat veel informatie biedt maar ook rekening houdt met onze geconditioneerde manier van leven

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