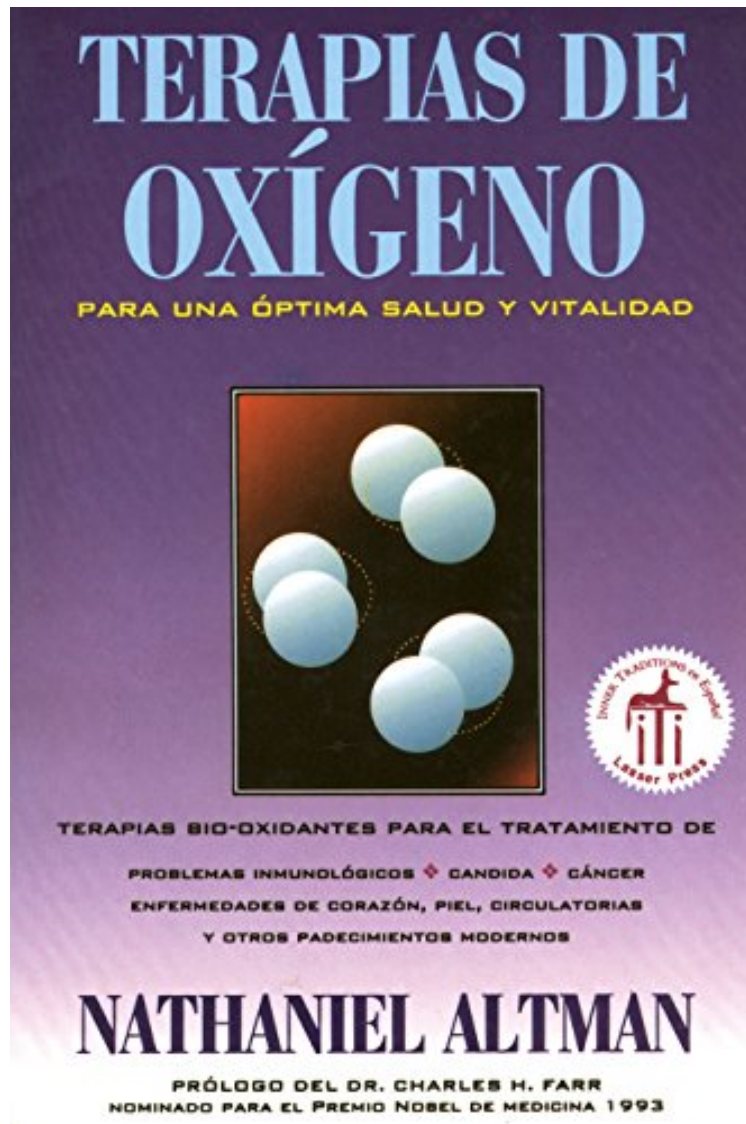


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## Terapias de Oxigeno

*Nathaniel Altman*

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**Nathaniel Altman : Terapias de Oxigeno** before purchasing it in order to gage whether or not it would be worth my time, and all praised Terapias de Oxigeno:

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Includes discoveries about oxygen healing therapies, how they work, and what they do to promote the healing process. Demystifies the terms "antioxidants" and "free radicals," describes oxygen's role as a detoxifying agent, and outlines a holistic regimen to enhance results. Scientists recognize that most disease states are caused by oxygen starvation at a cellular level. We receive most of our oxygen from the air around us, but breathing isn't always enough. With the new bio-oxidative therapies you can actually generate more oxygen in your body to achieve optimum health and longevity. Oxygen Healing Therapies is the only book to place bio-oxidative therapies in the context of holistic health. Now updated and expanded to include recent discoveries, it assembles all the most reliable information about the therapies, how they work, and what they do to promote the healing process. Among these discoveries are medical ozone therapy and its promising effects on diseases such as cancer, osteoporosis, and hepatitis, and intravenous hydrogen peroxide therapy, which has had significant success in treating influenza, candida, and malaria. The author also shows how you can enhance the effectiveness of the different treatments through diet and the use of minerals, herbs, exercise, and visualization.

"For the reader looking for alternatives to conventional drugs, whether for treatment or prevention, this book provides a wealth of useful information." (NAPRA ReView)"An unpretentious, valuable guide to ozone and hydrogen peroxide therapies, and a good deal more." (The Book )"Altman who presents an intelligent, valuable guide for those seeking alternatives to conventional drugs." (So Young!)"This intriguing story of the documented scientific studies and clinical findings that Altman has gathered from around the world, is the latest, most reliable, and most accessible information about the therapies, how they work, and what they do to promote the healing process." (Alive Books)From the Back CoverTERAPIAS DE OXGENOLos científicos afirman que la mayoría de las enfermedades--incluyendo las de corazón, problemas de origen inmunológico como la candida o infecciones relacionadas con el VIH--son debidas a la carencia de oxígeno a nivel celular. Recibimos la mayor parte del oxígeno mediante el aire que nos rodea, pero la respiración no siempre es suficiente. Con las nuevas terapias bio-oxidantes se puede generar más cantidad de oxígeno en el organismo a fin de lograr una ptima salud y longevidad.Terapias de oxígeno es el nico libro escrito al respecto que sita las terapias bio-oxidantes en el contexto de la salud holística. En l se rene la información más reciente, confiable y accesible acerca de estas terapias, cómo funcionan y lo que hacen para acelerar el proceso de curación. El autor nos muestra además cómo podemos aumentar la efectividad del tratamiento mediante la dieta y el uso de minerales, hierbas, ejercicio y visualización.Nathaniel Altman viajó a Alemania y Cuba, y se entrevistó con científicos de Rusia, Francia y Estados Unidos para obtener evidencias científicas y descubrimientos clínicos. Desmitifica los términos "antioxidante" y "radicales libres", describe el papel del oxígeno como agente desintoxicante y analiza las diferentes terapias bio-oxidantes que pueden ayudar a restaurar la aportación de oxígeno al sistema inmunológico en el nivel celular, incrementando así la vitalidad.Nathaniel Altman es autor y coautor de más de quince libros, incluyendo What You Can Do About Asthma y The Twelve Stages of Healing.About the AuthorNathaniel Altman traveled to Germany and Cuba and interviewed scientists from Russia, France, and the United States to obtain documented scientific evidence and clinical findings. He has authored and coauthored more than 15 books, including A Russian Herbal, What You Can Do About Asthma, and The Twelve Stages of Healing. He lives in Brooklyn, New York.