

LOUIS F. PERRIN

LE PSYCHISME,
LE STRESS
ET L'IMMUNITÉ

LA SANTÉ EST EN NOUS



Odile
Jacob

Psychisme Le Stress Et L'immunité Le

Louis F. Perrin



Psychisme Le Stress Et L'immunité

Le psychisme, le stress et l'immunité Louis F. Perrin, 2003 Le stress n'a pas seulement des répercussions sur notre équilibre psychologique il attaque nos défenses immunitaires et peut mettre en péril notre santé moins que nous ne prenions trop vite l'habitude de résister et de contrer ses effets Les effets du stress jour après jour Comment le stress agit-il sur notre mémoire En quoi est-il néfaste pour la sexualité De quelle façon accélère-t-il le vieillissement Les maladies liées au stress et l'affaiblissement de nos défenses immunitaires Faut-il se méfier des émotions fortes Peut-on mourir de peur Que sait-on aujourd'hui sur le déclenchement des maladies auto-immunes Le stress est-il un facteur d'aggravation en cas de rhumatismes Quel rôle joue-t-il dans l'issue du cancer Les réponses adaptées pour réduire le stress et stimuler nos défenses immunitaires Comment agit la relaxation Quels sont les effets de l'alimentation Pourquoi le rire augmente-t-il la quantité d'anticorps Comment expliquer que la méditation agisse parfois comme un médicament Préface Introduction Chapitre premier La mémoire qui flanche Chapitre 2 Le sexe en panne Chapitre 3 Pas d'âge pour le stress Chapitre 4 Ulcères et infarctus la rançon du pouvoir Chapitre 5 Ces étranges maladies qu'on dit auto-immunes Chapitre 6 Et le cancer Chapitre 7 Un tableau curieux toujours d'actualité L'état de stress post-traumatique Chapitre 8 L'état d'esprit Chapitre 9 L'alimentation Conclusion Notes et références Fiches mémoire Annexes Glossaire

Psychisme Le Stress Et Limmunteacute Le Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has become more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Psychisme Le Stress Et Limmunteacute Le**, a literary masterpiece that delves deep to the significance of words and their affect our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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