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*Ruder Rueda*

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## **Aquí y ahora decido ser Saludable: Cambia tus pensamientos y cambiará tu vida (Spanish Edition)**

Ruder Rueda

Es una obra basada en mi experiencia como acupuntor, coach y terapeuta, la cual está enfocada en recuperar la salud física y mental de una forma simple y natural, cambiando nuestra forma de pensar, nuestras creencias, hábitos alimenticios, forma de vida y fortaleciendo el sistema inmunológico. En ella explico primero las causas de las enfermedades y el proceso de generación de las mismas, según diversos enfoques como: el de la Medicina Tradicional China y el de la Programación Neurolingüística. Esto lleva al lector a entender que el primer paso para recuperar la salud y permanecer saludables es: tomar conciencia y asumir la responsabilidad que tiene sobre su estado de salud.

Nuestro estado de salud se crea en la mente y luego se manifiesta de forma física, es decir, nuestras creencias, pensamientos, miedos y costumbres, así como toda información grabada en nuestro subconsciente, condiciona nuestro estado de salud. No es un proceso consciente, pero si tenemos conciencia de ello, el límite de lo que podemos lograr está en nuestra mente. Podemos hacer que muchas enfermedades se reviertan, mejorar nuestra condición física o hasta recuperar totalmente la salud.

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