



# **Dolores de espalda (Salud Holística / Holistic Health) (Spanish Edition)**

*Stella Ianantuoni*

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## **Dolores de espalda (Salud Holística / Holistic Health) (Spanish Edition) Stella Ianantuoni**

A partir de la información básica sobre la columna vertebral y las causas de dolores de espalda más comunes se puede comenzar con un plan de cuidados posturales y gimnasia adecuada para solucionar y prevenir dolencias futuras. La columna vertebral y los problemas más frecuentes relacionadas con la falta de movimiento, el estrés, la tensión y el dolor muscular. Sencillos ejercicios con descripciones e ilustraciones para cada zona de la espalda para iniciar una práctica e ir agregando otras series en las siguientes semanas. Cómo reconocer malos hábitos posturales y valiosas instrucciones para mantener una buena postura y accionar en la vida cotidiana: la manera de estar de pie o bien sentado, cómo transportar pesos, la mejor postura para dormir y levantarse de la cama, los cuidados de la espalda durante el embarazo, etc.

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