



Curare lo stomaco (Italian Edition)

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Lo stomaco, il grande "laboratorio" in cui il cibo viene elaborato e trasformato, è un organo sottoposto a continuo stress e per questo si può ammalare facilmente.

All'origine dei vari disturbi non ci sono solo cause fisiche, ma anche emozioni trattenute e situazioni "non digerite" che si trasformano in acidità, infiammazioni e gonfiori.

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