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Dr. Frederic Vinyes

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Tratado completo de reflejoterapia podal

Se ha demostrado que la reflexología podal es de gran ayuda en enfermedades que cursan con procesos dolorosos y espasmódicos. Se trata de una terapia basada en estímulos físicos, técnicos y mecánicos, con la finalidad de reducir el dolor del paciente. No todos los órganos se reflejan en los pies ni lo hacen con la misma intensidad. Así, los más susceptibles de responder positivamente a este sistema terapéutico son los que tienen una mayor inervación sensitiva.

Dolores de espalda, problemas de vesícula, molestias del aparato urinario y migrañas, entre muchos otros, encuentran alivio sintomático y, frecuentemente, curación, a través de la reflexoterapia podal.

Doctor Frederic Vinyes

Licenciado en medicina por la Universidad de Barcelona y formado en Alemania como médico naturista, fue quien introdujo el concepto de reflexoterapia en España. Asiduo colaborador de las revistas *CuerpoMentee Integral*, ha publicado *Hidroterapia* y *La linfa y su drenaje manual*.



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