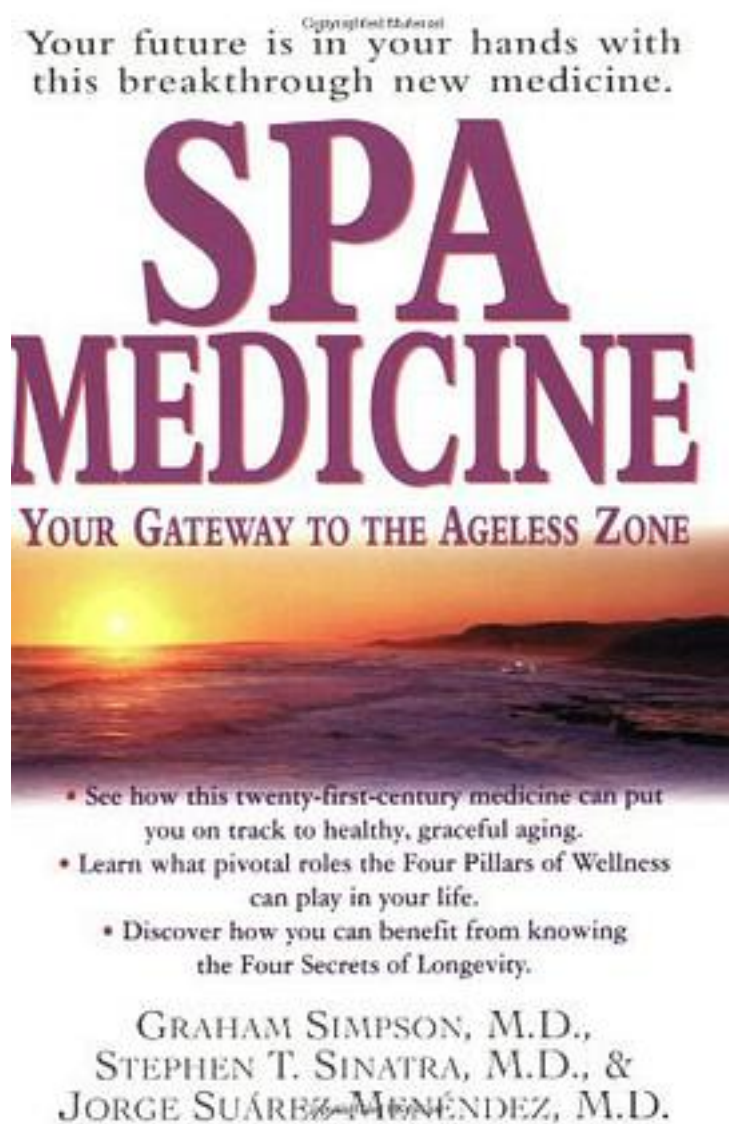


# Spa Medicine



[Spa Medicine\\_ 下载链接1](#)

著者:Suarez-Menendez, Jorge

出版者:Basic Health Pubns

出版时间:

装帧:Pap

isbn:9781591201281

Introduces the reader to the concept of healthy, graceful aging through spa medicine. Part One discusses what the doctors term the "Four Pillars of Wellness": detoxification, nutrition, exercise, and mid-body health. Part Two takes up the "Four Secrets of Longevity": inflammation prevention, nutraceuticals, hormonal therapy, and cosmeceuticals. This informative, easy-to-understand book is illustrated with many helpful charts and tables. Contains a full directory of medispas in the resources section.

作者介绍:

目录:

[Spa Medicine\\_ 下载链接1](#)

标签

评论

-----  
[Spa Medicine\\_ 下载链接1](#)

书评

-----  
[Spa Medicine\\_ 下载链接1](#)