



La perfecta salud : La guía mente/cuerpo completa

Deepak Chopra M.D.

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¿Cuál es su tipo físico?

TIPO VATA

1. Mi temperamento es entusiástico y vivaz.
2. Soy delgado, y no engordo fácilmente.
3. Me es difícil dormirme o dormir por la noche entera.
4. Mi mente es muy activo, a veces desasosegado, pero también imaginativo.
5. Aprendo cosas rápidamente, pero también las olvido rápidamente.

TIPO PITTA

1. En mis actividades, soy meticuloso y ordenado.
2. Aunque no siempre lo muestro, me pongo irritable o me enojo fácilmente.
3. Si pierdo el comer, o si como tarde, me pongo incómodo.
4. Me gustan comidas o bebidas muy frías, como el helado.
5. Tengo un intelecto muy perspicáz y me expreso muy bien.

TIPO KAPHA

1. Me engorresco más fácilmente que la mayoría de la gente, y bajo de peso con mas dificultad.
2. Tengo un temperamento tranquilo--no me perturbo fácilmente.
3. Necesito dormir ocho horas cada noche por lo menos, y usualmente más.
4. Tiempo frío o húmedo me molesta.
5. Tengo gran vigor y resistencia física, y un nivel estable de energía.

Una vez que ha determinado su tipo físico con la prueba más detallada en la página 26, este libro le provee con un programa personalmente diseñado de dieta, reducción de presión, ejercicio, y rutinas diarias. El libro está basada en el sistema de medicina cuerpo/mente de cinco mil años de edad que se llama Ayurveda. La Ayurveda provee la base para reestablecer el equilibrio natural del cuerpo, para reforzar la conexión entre el cuerpo y la mente, para usar el poder de la curación cuántica para trascender la enfermedad y la vejez--para lograr La perfecta salud.

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