



# Una piel perfecta: Celulitis y estrías (Tratamiento natural n° 13) (Spanish Edition)

*Adolfo Pérez Agusti*

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La apariencia corporal es uno de los pilares sobre el cual se asientan las relaciones humanas y aunque aparentemente se pueda considerar como una alteración narcisista, está inmerso en la propia valoración que todas las especies hacen del aspecto físico, el suyo y el ajeno.

Cualquier especie, sean los mamíferos, los insectos, los peces e incluso los vegetales, modifican su apariencia externa para lograr atraer hacia ellos a otras especies similares o diversas. En ocasiones lo hacen para el oportuno apareamiento, en otras para comer a los incautos, y con frecuencia para todo lo contrario, para alejarle.

Así que no nos debe extrañar que el propio ser humano esté inmerso en esa preocupación continuada sobre su estética corporal, especialmente aquella que es percibida en la intimidad, justo en ese momento en que la vestimenta ya no tiene sentido.

La celulitis estética –celulitis común- afecta a más del 70 por ciento de las mujeres de todas las edades, y constituye junto con la obesidad la mayor preocupación en cuanto al aspecto físico se refiere. Aunque en el deambular cotidiano pasa desapercibida y cualquier ropaje o panty es capaz de hacerla invisible, en la intimidad de las casas y en los lugares de recreo acuáticos, ocasiona no poco traumas psicológicos para quienes la padecen. Con el tiempo, las estrías terminan por agudizar el problema, aunque también son de aparición frecuente durante el embarazo y en las dietas de adelgazamiento.

Este libro le proporciona soluciones eficaces, siempre bajo las recomendaciones de la medicina natural.

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