



# Su Salud según los cuatro temperamentos (Spanish Edition)

*Paul Dupont*

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## **Su Salud según los cuatro temperamentos (Spanish Edition) Paul Dupont**

Nuestro cuerpo está compuesto de cuatro elementos: aire, fuego, tierra y agua, lo que determina un temperamento equilibrado. Sin embargo, normalmente uno de ellos sigue predominando, generando en cada uno de nosotros un temperamento dominante: sanguíneo, colérico, nervioso o linfático. Este libro explora las características de cada uno de estos temperamentos, y cómo influyen en el ritmo de vida, en los hábitos alimenticios, las reacciones a la enfermedad, las emociones, etc. Cada uno de ellos reacciona de manera diferente. Además, la influencia de ciertos factores relacionados con los ciclos de la vida, las estaciones, el medio ambiente, etc., depende en gran medida del temperamento propio. Pero la teoría de los elementos no se limita a un concepto puramente bioquímico. Se relaciona también con una dimensión espiritual: de hecho, cada elemento tiene su contrapartida en el plano invisible, por lo que constituye una fuerza positiva en la que podemos sumergirnos y con la que podemos armonizarnos. Esta obra propone realizar por tanto un trabajo alquímico que puede transformarnos y conducirnos a un gran temperamento, el del equilibrio personal.

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