



# Ayurveda y terapia Marma 2<sup>o</sup>ed (Spanish Edition)

*Fabián Ciarlotti*

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Los Puntos Marma son vórtices o remolinos energéticos que interconectan los cuerpos físico, mental, emocional, cósmico, energético y espiritual.

La Terapia Marma, entre otras cosas, aporta los siguientes beneficios:

- Reduce la tensión física, mental y emocional.
- Estimula al sistema inmune y es rejuvenecedora por excelencia ya que desbloquea y elimina las toxinas físicas y sutiles.
- Crea un balance físico, mental y espiritual.
- Ayuda en procesos digestivos, de absorción y de eliminación.
- Lubrica las articulaciones y reduce las grasas.
- Estimula la circulación de todos los conductos (corporales, mentales, energéticos, espirituales).
- Dispersa la congestión y promueve la relajación.
- Al reducir los pensamientos, reduce el estrés y al mismo tiempo promueve la liberación del ego.

Ayurveda y Terapia Marma cierra la trilogía ayurvédica del Dr. Fabián Ciarlotti, iniciada con Ayurveda. Sanación Holística (2005) y continuada con Ayurveda y Metafísica (2006). El autor, médico recibido en la U.B.A que se especializó en esta milenaria medicina en la India, con un lenguaje ameno e informal propone al gran público un acercamiento vital a una reveladora visión holística de la salud del ser humano.

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