



# El dolor de espalda y las emociones (Actual) (Spanish Edition)

*David Ponce*

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¿Dolor de espalda y emociones? ¿Acaso ese dolor que le atormenta desde hace tiempo tiene que ver con la tristeza, con el miedo, con la insatisfacción o con el estrés...? Así es, y en gran medida. Como dijo sir William Osler, considerado el padre de la medicina moderna: "Los órganos lloran las lágrimas que los ojos se niegan a derramar".

¿Padece lumbalgia desde hace tiempo y nadie ha podido darle una solución? Ya le avanzo que no existen fórmulas mágicas ni las encontrará en este libro. Sin embargo, conocer la interrelación que existe entre el esqueleto, el sistema muscular y el cerebro proporciona valiosas pistas que pueden aliviar o incluso solucionar ese dolor.

Como apunta el periodista Víctor-M. Amela en su prólogo, El dolor de espalda y las emociones pretende aportar "discernimiento para mimar la salud integral". Hasta que no interioricemos el hecho de que el cuerpo humano es una unidad, y que en el dolor pueden influir tanto una mala postura como un revés emocional o una alimentación inadecuada, no seremos capaces de vivir cómodamente ante las exigencias de la sociedad actual.

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