



Comer salud (Spanish Edition)

José Luis Padilla Corral

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Cada vez que come, el ser se funde con la divinidad. Por ello ha de ingerir sin excesos ni deficiencias, sino lo justo para vivir con dignidad; ha de tener un exquisito cuidado a la hora de preparar los alimentos, y ha de bendecirlos y dar gracias al Cielo antes de incorporarlos a su ser. Comer salud es un original y sorprendente informe sobre la alimentación en sus múltiples aspectos, físicos y espirituales, alquímicos y astrales. Por tanto, es un libro que reúne en sus páginas una inmensa sabiduría, desde medicina hasta alquimia, pasando por filosofía oriental. Con estos elementos como método de análisis, se da una nueva respuesta a un viejo problema. Viejo pero tan actual que, hoy en día, se presenta como uno de las mayores causas de enfermedad. De cómo se alimenta o cómo no se alimenta el individuo dependerá su salud o su enfermedad. Actualmente, la comida rápida, la comida basura y los transgénicos están deteriorando la alimentación, y el organismo sufre sus consecuencias. Este libro da respuesta a éstos y otros problemas de una manera ágil y ligera, sin por ello perder el rigor. Incluye una cuidada selección de menús por estaciones, con los que elaborar exquisitos y saludables platos. Comenta también aspectos sociales y económicos que inciden en la alimentación. En ese contexto, se analiza el sentido y el porqué del hambre en el mundo, las dietas y los ayunos. Repasa todos los aspectos que intervienen en el alimento y todos los factores que se inmiscuyen en el ser a la hora de alimentarse. Todo ello, desde la óptica de que la alimentación, es ante todo y sobre todo, la comunicación del hombre con la creación y por tanto con Dios.

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