

LOUIS F. PERRIN

LE PSYCHISME,
LE STRESS
ET L'IMMUNITÉ
LA SANTÉ EST EN NOUS



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Jacob

Psychisme Le Stress Et L'immunité Le

Louis F. Perrin



Psychisme Le Stress Et L'immunité

Psychisme, le stress et l'immunité (Le) Louis F. Perrin, 2003-10-24 Le stress n'a pas seulement des répercussions sur notre équilibre psychologique il attaque nos défenses immunitaires et peut mettre en péril notre santé moins que nous ne prenions très vite l'habitude de réagir et de contrer ses effets Les effets du stress jour après jour Comment le stress agit-il sur notre mémoire En quoi est-il néfaste pour la sexualité De quelle façon accélère-t-il le vieillissement Les maladies liées au stress et l'affaiblissement de nos défenses immunitaires Faut-il se méfier des émotions fortes Peut-on mourir de peur Que sait-on aujourd'hui sur le déclenchement des maladies auto-immunes Le stress est-il un facteur d'aggravation en cas de rhumatismes Quel rôle joue-t-il dans l'issue du cancer Les réponses adaptées pour réduire le stress et stimuler nos défenses immunitaires Comment agit la relaxation Quels sont les effets de l'alimentation Pourquoi le rire augmente-t-il la quantité d'anticorps Comment expliquer que la méditation agisse parfois comme un médicament Ancien professeur à la Faculté des sciences Louis Perrin a longtemps exercé l'hôpital cardio-vasculaire de Lyon Il est Emeritus Fellow of the American Academy of Allergy Asthma and Immunology et membre de la New York Academy of Sciences

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