



Vivir sin tóxicos (INTEGRAL) (Spanish Edition)

Elisabet Silvestre

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Cómo ganar bienestar y salud en tu vida cotidiana

Si te despiertas por la noche y te levantas con cansancio; si te falta energía y te cuesta rendir en el día a día; si padeces cefaleas, problemas respiratorios o digestivos y no remiten con el tratamiento médico..., es hora de examinar cómo afecta a tu salud tu entorno más inmediato: el hogar.

Elisabet Silvestre, una de las grandes especialistas en biohabitabilidad y salud ambiental del país, ha hecho de *Vivir sin tóxicos* un manual de consulta imprescindible para entender, por un lado, cómo hemos llegado a convivir con un sinnúmero de elementos tóxicos, y, por otro, aprender a localizar esos agentes contaminantes y disminuir nuestra exposición a ellos.

Las radiaciones naturales, los compuestos químico-sintéticos presentes en los productos de limpieza, los materiales de construcción y decoración, los artículos de cosmética e higiene personal, la ropa y los alimentos, así como las ondas electromagnéticas y hasta una mala iluminación, pueden afectar a los organismos más sensibles. *Vivir sin tóxicos* es un libro práctico, que nos regala numerosas ideas para aplicar pequeños cambios en la vida cotidiana según nuestros intereses y necesidades a partir de diferentes consejos basados en casos reales. Todos a la vez o solo unos pocos transformarán nuestra casa en un hogar más saludable para toda la familia.

Elisabet Silvestre

Doctora en Biología y Máster en Bioconstrucción IEB-IBN. Experta en biología del hábitat, ha desarrollado su labor profesional en el ámbito sanitario en diferentes hospitales y centros sanitarios de Barcelona, en los últimos años como jefa de servicio de Citogenética y Biología Molecular. En la actualidad, centra su labor en el campo de la salud ambiental y colabora con profesionales de la salud, arquitectos e interioristas como asesora en criterios de salud en el diseño, la decoración y la construcción de espacios, realizando proyectos, estudios ambientales y de biohabitabilidad. También es docente en esta temática en varios másteres y postgrados, colaboradora en temas de casa sana y salud ambiental en revistas de divulgación y autora de los libros *Geobiología y Biohabitabilidad*, *La salud a través del hábitat*., *Casa saludable* y *Espacio con Valor Ambiental*.

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