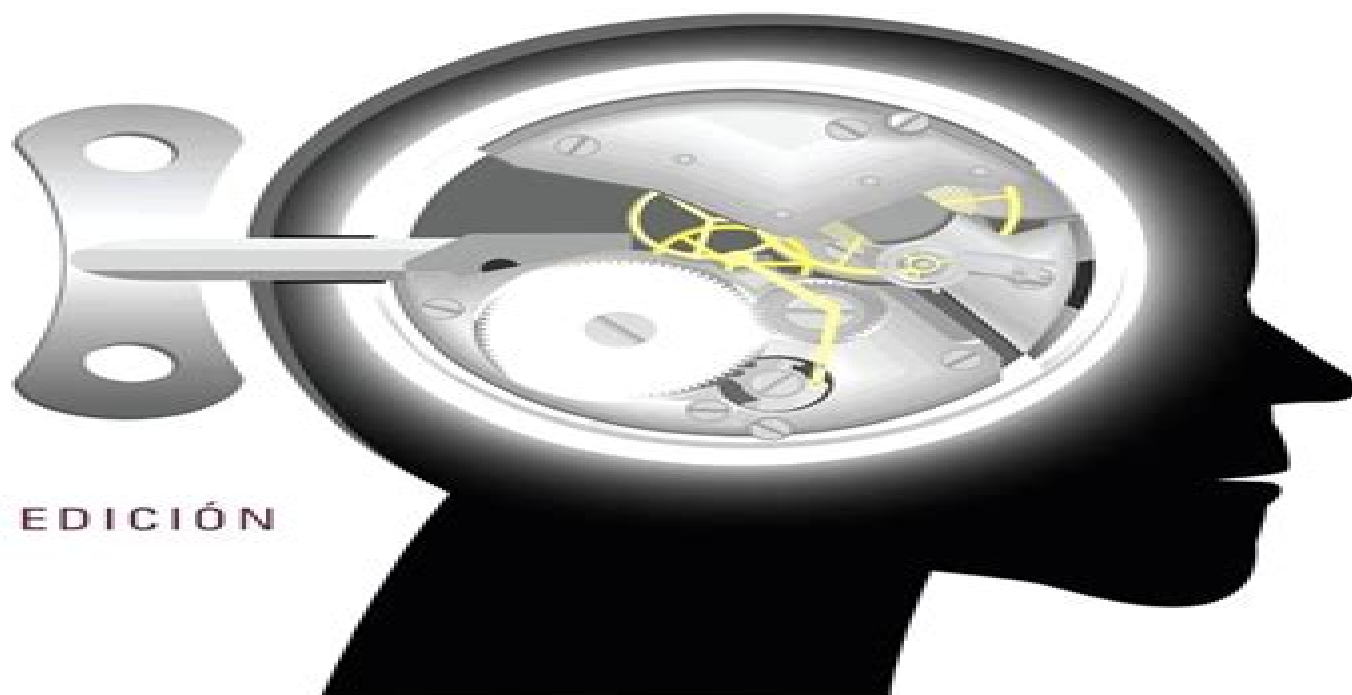


MIGRAÑA

UNA PESADILLA CEREBRAL

ARTURO GOICOECHEA



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EDICIÓN

Serendipit

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Migrana Una Pesadilla Cerebral Serendipity

Arturo Goicoechea



Migrana Una Pesadilla Cerebral Serendipity:

Migraña Arturo Goicoechea Uriarte, 2009-11 La migra a es oficialmente la consecuencia de un cerebro gen ticamente hiperexcitable Los accesos de dolor se generar an seg n la doctrina compartida mayoritariamente por los neur logos por la descarga anormal hipersensible de programas defensivos dolor v mitos intolerancia sensorial configurados en diversos grupos neuronales El autor presenta en el libro una tesis contrapuesta el cerebro migra oso no nace sino que se va construyendo a lo largo del aprendizaje influido no s lo por la gen tica sino principalmente por la informaci n que recoge en su entorno Gran parte de esa informaci n procede de los profesionales y su contenido facilita el inicio y desarrollo de las crisis La migra a contiene la estructura de la fobia del miedo irracional de las pesadillas en este caso centradas en lo que pudiera suceder en el interior del cr neo El individuo puede modificar esa condici n f bica de su cerebro pero para ello debe cambiar sus convicciones y conductas dot ndolas de racionalidad No se trata de aplicar una terapia sino una pedagog a cambiar el chip migra oso desactivarlo Con un lenguaje sencillo y comprensible este libro nos ofrece la posibilidad de conseguirlo Arturo Goicoechea naci en Mondrag n Guip zcoa en 1946 Es jefe de la Secci n de Neurolog a del Hospital de Santiago de Vitoria y se ha dedicado de forma preferente al estudio de la percepci n som tica desde la perspectiva de la moderna Neurociencia Cognitiva Colabora habitualmente con la secci n de dolor neurop tico de la Sociedad Espa ola de Neurolog a y ha publicado dos monograf as sobre dolor Cerebro y dolor y Depresi n y dolor *MIGRAÑA, una pesadilla cerebral* Arturo Goicoechea, 2020-01-27 La migra a es oficialmente la consecuencia de un cerebro gen ticamente

hiperexcitable Los accesos de dolor se generar an seg n la doctrina compartida mayoritariamente por los neur logos por la descarga anormal hipersensible de programas defensivos dolor v mitos intolerancia sensorial configurados en diversos grupos neuronales El autor presenta en el libro una tesis contra puesta el cerebro migra oso no nace sino que se va construyendo a lo largo del aprendizaje influido no s lo por la gen tica sino principalmente por la informaci n que recoge en su entorno Gran parte de esa informaci n procede de los profesionales y su contenido facilita el inicio y desarrollo de las crisis La migra a contiene la estructura de la fobia del miedo irracional de las pesadillas en este caso centradas en lo que pudiera suceder en el interior del cr neo El individuo puede modificar esa condici n f bica de su cerebro pero para ello debe cambiar sus convicciones y conductas dot ndolas de racionalidad No se trata de aplicar una terapia sino una pedagog a cambiar el chip migra oso desactivarlo Con un lenguaje sencillo y comprensible este libro nos ofrece la posibilidad de conseguirlo **Jaquica** Arturo Goicoechea, 2019-12-24 Jaquica an lisis neurobiol gico de un dolor irracional es mi primer libro escrito en 2004 Ya contiene gran parte de mi propuesta actual sobre el origen de la migra a plasmada en los libros

Migra a una pesadilla cerebral 2009 y *Desaprender la migra a* 2019 Nuestro cerebro construye y recibe informaci n que luego utiliza para mantenernos vivos El procesamiento de dicha informaci n es una funci n fundamental que repercutir sobre el contenido y curso de sus decisiones La doctrina oficial considera a la jaquica como una consecuencia de una qu mica an

mala determinada genéticamente facilitada por hábitos desordenados o agitados de vida Este libro sugiere que tanto los genes las moléculas como los hábitos de los pacientes con jaqueca son normales En su lugar analiza en un estilo asequible la responsabilidad del contenido de la información que habitualmente recibimos sobre la cabeza y sus supuestos enemigos y propone una visión biológica integrada más acorde con los conceptos actuales sobre cerebro desarrollados al calor de la Neurociencia un ámbito que reúne a investigadores de diversas disciplinas física química biología informática lingüística neurología psicología matemática lógica filosofía natural El contenido y estilo del libro es algo más técnico asequible siempre para cualquier lector interesado Espero que el libro ayude a muchos padecientes a entender el origen de sus migrañas y a vislumbrar la solución por la vía de la racionalidad

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