

Remedios Caseros / Handbook of Home Remedies: Sencillos Consejos Para Prevenir y Mejorar Malestares O Enfermedades. (Paperback)



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Reviews

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(Mr. Kevin Herzog)

REMEDIOS CASEROS / HANDBOOK OF HOME REMEDIES: SENCILLOS CONSEJOS PARA PREVENIR Y MEJORAR MALESTARES O ENFERMEDADES. (PAPERBACK)



DEBOLSILLO, 2017. Paperback. Condition: New. Language: Spanish . Brand New Book. Remedios caseros es la guía mas confiable para desintoxicar el sistema y reiniciar el organismo a través de las herramientas que la madre naturaleza ha puesto a nuestro servicio. Una obra imprescindible de la medicina natural. Margarita Chavez Martinez, reconocida nutrióloga y defensora de la medicina natural desde hace mas de 30 años, recupera en este libro los mejores remedios de la sabiduría tradicional para mejorar y sanar diversos malestares y enfermedades. Este manual, repleto de recetas fáciles de elaborar en casa con ingredientes 100 naturales, le enseñara, entre muchas otras cosas, que: - El té de nogal mejora la digestión y cura el estreñimiento. - Untar jugo de limón en el cuero cabelludo elimina la caspa. - Tomar un cocimiento de alpieste todos los días regula los problemas de presión arterial. - Beber lentamente dos vasos de agua caliente después de comer acaba con la acidez. - Tomar un vaso de agua de apio con limón tres veces al día mejora la circulación. - Un tónico de pétalos de rosa beneficia la función cerebral, alivia las jaquecas, calma la tos y combate la gripe. - Tomar agua de lechuga previene el insomnio. - Rascar una papa cruda 5 minutos al día fortalece las uñas. ENGLISH DESCRIPTION This guide of home remedies is the most trustworthy in order to detox your system and restart your body through great nutrients that Mother Earth has given us. An essential work in natural medicine. Margarita Chavez Martinez, a renown nutritionist and supporter of natural medicine for over 30 years, compiles in this book the best traditional wisdom remedies to improve and heal various ailments and diseases. This handbook, full of easy to make recipes to make at home with 100 natural ingredients,...

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