



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

By Margarita Chaavez Martainez

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 alpiste 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...



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