



Pronto Soccorso e Naturopatia. Curarsi a casa con i prodotti della natura (Italian Edition)

Giovanna Nobile

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Un manuale pratico in cui sono riportati consigli e spiegazioni per risolvere alcune problematiche di tutti i giorni mediante i rimedi naturali.

Vengono trattate le più comuni affezioni, quali ad esempio febbre, influenza, nausea, sindromi mestruali, stipsi, sonno agitato e piccoli traumi; le piante medicinali, nelle loro varie forme galeniche (tinture madri, gemmoderivati, tisane, lavorazioni spagiriche), si uniscono ad altre discipline terapeutiche. Si parla infatti di oligoelementi, vecchi rimedi della medicina popolare, alimenti curativi, fiori di Bach e del Bush, oli essenziali, cristalli, rimedi di pietre preziose del dr. Bhattacharya. Per ciascun sintomo vengono indicate anche alcune tecniche complementari: riflessologia plantare, agopuntura, moxa, impacchi e cataplasmi, bagni derivativi.

Suggerimenti su come mettere in atto il pronto intervento naturopatico, mappe e illustrazioni completano il volume.

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