



Curas Alternativas: Los mas eficaces remedios caseros naturales para 130 problemas de la salud (Spanish Edition)

Bill Gottlieb

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¡Más de 1,000 remedios comprobados por doctores para ser tan eficaces o hasta mejores que fármacos o cirugía!

- Un nutriente que impide los efectos secundarios de los fármacos para la artritis (página 65)
- Un ejercicio rápido que puede aliviar el dolor de espalda (página 232)
- La "cápsula de la juventud" que combate la fatiga (página 314)
- Un "cóctel herbario" que en 24 horas para la gripe en seco (página 353)
- Un aminoácido que funciona tan bien como la Viagra (página 387)
- Una crema hormonal natural que reconstruye hueso (página 468)
- Un remedio casero que frena los antojos por azúcar casi inmediatamente (página 586)

EN ESTE LIBRO ÚNICO, 300 expertos en medicina natural de los EE.UU. --entre ellos los mejores médicos con tendencia hacia la medicina alternativa, herbolarios, nutricionistas, naturópatas, homeópatas y otros curadores holísticos-- revelan sus más eficaces remedios naturales para 130 problemas de la salud comunes y graves.

Además, aquí encontrará:

- 60 ilustraciones fáciles de seguir para realizar ejercicios de curación y utilizar los puntos de presión calmantes del cuerpo
- Docenas de recursos para conseguir productos naturales y consultar a profesionales de la medicina alternativa
- Una guía de consulta rápida para asegurar una fácil comprensión de 22 métodos de curación alternativa
- Para cada problema, consejos expertos que indican cuándo debe conseguir ayuda profesional

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