



Universalheilmittel: Sanfte Unterstützung aus der Natur von Aloe vera bis Zitrone (German Edition)

Irene Dalichow

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Altes Heilwissen neu entdeckt!

Von Arnika über Heilerde und Lavendel – es ist erstaunlich, welche Vielzahl an Beschwerden diese natürlichen Helfer lindern können. Sie wirken umfassend auf Körper und Seele und bringen unsere Selbstheilungskräfte in Schwung. Mit ihren mannigfaltigen Eigenschaften bekämpfen sie Schmerzen, unterstützen die Gesundheit und sorgen für neue Energie. Irene Dalichow, die bekannte Expertin für Naturheilweisen, stellt eine Reihe vielfältiger Heilmittel vor und gibt praktische Anwendungstipps – für mehr Wohlbefinden und Lebensfreude.

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