



Hierbas milagrosas (Spanish Edition)

Michael Castleman

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No cabe duda que las curas herbarias forman una parte integral de la cultura hispana. Desde España al Caribe, México y Sudamérica, millones de abuelitas recomiendan eficaces remedios a base de hierbas para múltiples enfermedades. Pero más allá de la tradición, con cada día que pasa, hay una nueva revelación sobre las hierbas medicinales. No sólo se están descubriendo nuevas hierbas curativas, sino también nuevos usos para las hierbas que ya conocemos.

Y aquí por primera vez, el experto en medicina natural Michael Castleman logra unir la tradición con la ciencia. Él ha investigado los usos tradicionales de las hierbas más ha revisado cientos de estudios científicos realizados para probar su eficacia. Después de un proceso meticuloso de selección, a usted le brinda el fruto de su trabajo: las 50 hierbas medicinales comprobadas como las más efectivas para tratar 101 enfermedades.

Hierbas milagrosas comienza con la historia de la curación herbaria, luego Castleman enseña lo fácil que es aprovechar la medicina de la naturaleza en casa con unas sencillas infusiones, tés y tinturas.

Entonces él presenta las 50 hierbas una por una y explora todos sus poderes curativos, indicando la dosis correcta para cada hierba según la afección que se esté tratando.

En fin, *Hierbas milagrosas* es el primer manual de hierbas práctico que cualquiera puede usar para mejorar sus problemas de salud. Entre otros maravillosos remedios, en estas páginas usted descubrirá medicinas naturales para:

- * Acidez: La hierba que es buena para la barriga (página 132)
- * Cardiopatía: Un tónico herbario para el corazón (página 85)
- * Depresión: Una hierba que le triunfa a la tristeza (página 67)
- * Migrañas: Mejórelas masticando esta medicina natural (página 128)
- * Nerviosismo: Un suave sedante que calma los nervios (página 179)
- * Sobrepeso: El auxiliar digestivo para adelgazar (página 75)

¡Y mucho más! ¡Aproveche ahora el poder de las *Hierbas milagrosas*!

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