

POR QUÉ LA MIEL ES BUENA PARA TI

NARIZ / PULMONES

Remedio para el resfriado:
Aplasta en pedazos grandes de 10 a 12 granos de pimienta y remójalos en dos cucharaditas de miel durante la noche (8-12 horas). Consume los granos de pimienta por la mañana y asegúrate de masticarlos bien.

PIEL

Esteriliza las heridas.
Destruye las bacterias resistentes a los antibióticos.
Trata la dermatitis y la caspa.
Remueve las manchas de la cara cuando se combina con jugo de limón.

ESTÓMAGO

Rica en probióticos o bacterias «amigables»
Combate las micotoxinas producidas por los hongos en el intestino.
Combate patógenos de origen alimentario.

CORAZÓN

Toma el jugo fresco de una granada y agrega una cucharada de miel. Consume todos los días por la mañana con el estómago vacío.
Haz agujeros en los dátiles perforándolos con una aguja. Remójalos en miel y consume 2-4 dátiles dos veces al día.

SANGRE

Aumenta el conteo de glóbulos rojos.
Aumenta el conteo de glóbulos blancos.
Equilibra la presión arterial.

Las mieles más oscuras tienen más antioxidantes. La miel contiene vitaminas y minerales como niacina, riboflavina, calcio, hierro, etc.

La miel no se daña si se sella apropiadamente. Los arqueólogos han excavado frascos con miel comestible de la tumba de Tutankamón.

Se dice que la miel de las selvas montañosas tiene el valor nutricional más alto.

La miel no debe darse a niños menores de 12 meses. La miel puede contener esporas de la bacteria del botulismo que producen botulismo infantil.

Seaora De La Miel

Maria Lorenza Chiesara



Seaora De La Miel:

Escepticismo Maria Lorenza Chiesara, 2025-09-04 El escepticismo no es una filosof a es una pr ctica de vida que puede ayudarnos a encontrar la calma en un mundo sobresaturado de opiniones y desinformaci n La complejidad del mundo contempor neo es abrumadora Se nos exige una opini n sobre las vacunas el cambio clim tico la inteligencia artificial o los conflictos internacionales a menudo sin contar con informaci n suficiente para emitir un juicio Y al mismo tiempo nos cruzamos con personas cuyos valores contradicen frontalmente los nuestros C mo evitar tanto la par lisis de la duda como el refugio en certezas dogm ticas El escepticismo filos fico lejos de ser una postura negativa o destructiva nos ofrece un camino sorprendentemente til para navegar estas aguas turbulentas Maria Lorenza Chiesara recupera la sabidur a de Sexto Emp rico el m dico fil sofo del siglo II d C para mostrarnos c mo la suspensi n del juicio sobre aquello que no podemos conocer con certeza nos conduce parad jicamente hacia una vida m s serena tolerante y equilibrada A trav s de siete lecciones accesibles y profundas este libro nos ense a a distinguir entre las cosas aparentes y las oscuras a manejar la ansiedad producida por la incertidumbre y a apreciar el valor de un pensamiento que permanece abierto y en constante indagaci n Una invitaci n a ejercitar la duda como m todo para pensar con claridad y actuar con sensatez en tiempos donde la sobrecarga informativa y el extremismo son una amenaza constante a nuestra paz mental y social Obras de Manuel Gutiérrez Nájera: Prosa

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Obras del p. Jerónimo Gracián de la Madre de Dios Jerónimo Gracián, 1933 **El panorama, periódico literario que se publica todos los juéves** , 1839 Semana , 1955 **Libro de instruccion christiana** Juan de Segura, 1540

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