

Remedios y fórmulas caseras

para el cuidado del hogar

La limpieza de la casa con plantas aromáticas
y aceites esenciales

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OCEANO AMBAR

Remedios Y Formulas Caseras Salud Y Vida Natural

Diego de Torres Villarroel



Remedios Y Formulas Caseras Salud Y Vida Natural:

Remedios Caseros 100% Naturales Ingrid Peguero, 2017-03-15 Los remedios caseros son los ingredientes simples que pueden ser fácilmente accesibles en el hogar y se utilizan como tratamientos para curar las enfermedades comunes o una enfermedad crónica. Si lo llamamos remedios caseros o remedios naturales ya que todo está hecho de ingredientes naturales que se disponen en casa tales como frutas, verduras, hierbas, especias, aceites esenciales, albahaca, hinojo, ajo, jengibre, entre otros. Estos ingredientes se utilizan todos en la curación de la enfermedad en el nivel inicial. Es muy recomendable para cada persona que si la enfermedad dura más y es grave, correr al médico para recibir medicamentos adecuados. Importancia de los remedios caseros. Hay varias ventajas de usar remedios caseros por lo tanto se prefiere su uso para curar la mayoría de las enfermedades en la etapa inicial. Es completamente libre de efectos secundarios lo que significa que usted puede consumir el medicamento durante mucho tiempo sin ningún temor hasta que se cure correctamente. Estos remedios caseros son los mejores medicamentos para los ancianos y los niños ya que tienen el sistema inmunológico que reacciona bajo cualquier efecto secundario. También es la medicina adecuada para las personas que tienen problemas alérgicos con determinados medicamentos. Además son baratos en comparación con otros medicamentos. Las personas pueden preparar remedios caseros en su casa y tomarlos sin receta. Es la mejor manera de tratar las enfermedades. Hay varios sitios web de remedios caseros disponibles que permite a las personas obtener el conocimiento adecuado acerca de los remedios caseros y aplicarlos de manera segura.

Hierbas que curan. Recetas naturales y efectivas, catálogo de hierbas medicinales y curas para cada enfermedad. Mujica Pons, Xavier, Una guía completa de hierbas medicinales y aromáticas con propiedades terapéuticas. Usted podrá conocerlas y aplicarlas para lograr su buena salud y bienestar, prevención y tratamiento de enfermedades y alivio y cura natural para muchos trastornos.

Remedios caseros Margarita Chávez, 2017-02-10 Remedios caseros es la guía más confiable para desintoxicar el sistema y reiniciar el organismo a través de las herramientas que la madre naturaleza ha puesto a nuestro servicio. Una obra imprescindible de la medicina natural. Margarita Chávez Martínez reconocida nutrióloga y defensora de la medicina natural desde hace más de 30 años recupera en este libro los mejores remedios de la sabiduría tradicional para mejorar y sanar diversos malestares y enfermedades. Este manual repleto de recetas fáciles de elaborar en casa con ingredientes 100% naturales le enseñará entre muchas otras cosas que el té de nogal mejora la digestión y cura el estreñimiento. Untar jugo de limón en el cuero cabelludo elimina la caspa. Tomar un cocimiento de alpieste todos los días regula los problemas de presión arterial. Beber lentamente dos vasos de agua caliente después de comer acaba con la acidez. Tomar un vaso de agua de apio con limón tres veces al día mejora la circulación. Un té de pétalos de rosa beneficia la función cerebral. Alivia las jaquecas, calma la tos y combate la gripe. Tomar agua de lechuga previene el insomnio. Rascar una papa cruda 5 minutos al día fortalece las uñas.

Galería de Búsqueda, 2004 *Remedios caseros para una vida sana* Lucía Oliveira, La Naturaleza nos ha aportado innumerables métodos de curación desde tiempos remotos. Y todavía existen muchos

pueblos en todo el mundo que continúan en contacto con ella de un modo directo y permanente Pero en la cultura occidental ha prevalecido una tendencia cientificista y racional para el desarrollo de los diferentes métodos de curación de enfermedades lo que ha permitido el crecimiento hasta límites asombrosos de la industria farmacéutica que a su vez ha encarecido de manera notable los distintos tratamientos de los males que afectan la salud del ser humano La intención de este libro es recuperar viejos usos y principios de la medicina natural que es básicamente el arte de prevenir las enfermedades Las plantas medicinales las infusiones los ungüentos los masajes las cataplasmas de arcilla o de otros elementos las compresas los baños la hidroterapia la aromaterapia las inhalaciones y otros modos de curación no son más que herramientas de las que disponemos para poder llevar una vida mejor Y sería imperdonable que no las aprovecháramos

Las medicinas naturales de la abuela Diana Calcagno, 2013-01-21 A lo largo de sus páginas podrá conocer las 55 plantas más eficaces y más fáciles de obtener el ajo la albahaca la manzanilla la zanahoria la achicoria la cebolla el limón la menta la nuez el tomillo la valeriana etc También se presta especial atención a la miel y al resto de productos de la colmena el polen el propóleo la jalea real etc Se describen y se dan las indicaciones precisas para elaborar todas las tisanas infusiones decocciones vinos medicinales tinturas ungüentos elixires jarabes y cataplasmas empleados para los trastornos y enfermedades más variados Tal y como podrá comprobar por las explicaciones que encontrará en el libro el acné y el asma la bronquitis y el dolor de cabeza la fiebre y las hemorroides los abscesos y las enfermedades del hígado el insomnio y las neuralgias el resfriado y el estreñimiento son enfermedades de fácil curación se puede combatir el dolor de cabeza oliendo vinagre de vino aliviar el dolor de estómago con una tisana de ortiga o curar el hígado con una decocción de lechuga De cada planta se describe el lugar y la época de recolección el remedio que puede prepararse y la dosis con la que debe administrarse

El libro de la salud natural para la mujer Alfredo Ara Roldán, 2004-12-01 Hoy en día son muchas las enfermedades y trastornos que sufren las mujeres que pueden ser tratadas con seguridad y eficacia por la medicina natural Por este motivo es cada vez mayor el número de mujeres que han optado por este tipo de terapia aunque sin embargo a menudo es difícil disponer de una información clara directa y sencilla En este libro un profesional cualificado con más de veinte años de experiencia nos muestra los tratamientos para la práctica totalidad de dolencias y estados propios que afectan a la mujer incluidos los preventivos La pubertad desarreglos menstruales el embarazo premenopausia menopausia y posmenopausia infecciones genitales fibromialgia etc En el libro se detalla el uso de plantas medicinales homeopáticas o suplementos nutricionales para cada tratamiento específico incluyendo pautas dietéticas normas de higiene y otros muchos consejos de hábitos saludables Una obra completa útil y enormemente práctica para toda mujer que desee cuidar su salud y mantenerla de un modo natural

Fernández Magdalena, Ana Fernández, 1998-01-01 *Bibliografía española*, 2004 Vida natural y católica Diego de Torres Villarroel, 1730

Los consejos de la abuela Ana

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