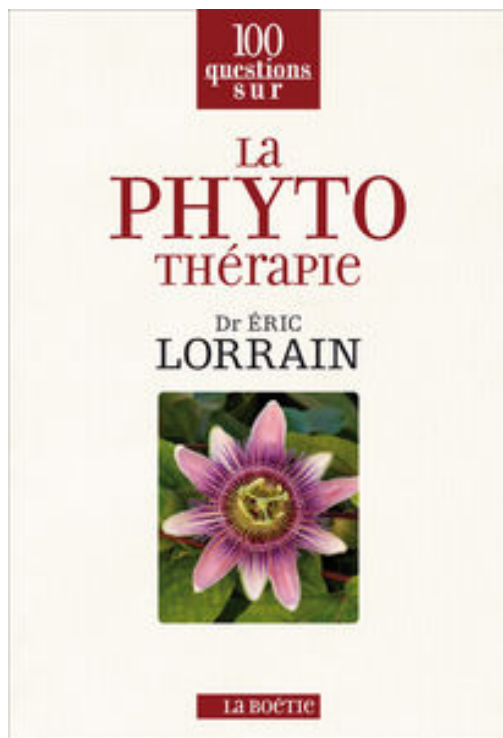


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**Download or Read Online La phytothérapie Eric Lorrain Free eBook PDF/ePub/Mobi/Mp3/Txt**, Connaissez-vous les vertus de la passiflore, du guarana, du houblon, de la vigne rouge ? Saviez-vous que le ginseng permet de performer sans se doper, que le millepertuis agit contre la dépression, que la valériane est la plante du sommeil, que l'ortie soulage la prostate, que la prêle protège les muscles, tendons et articulations, ...? Aujourd'hui, la phytothérapie vit une véritable révolution et des millions de personnes se tournent avec curiosité et intérêt vers cette thérapie qui complète ou remplace les médicaments de synthèse. Aujourd'hui, les effets de plus de 50 plantes ont été scientifiquement étudiés, leurs combinaisons sont maîtrisées, permettant de prévenir et de traiter toutes sortes de maladies et de désagréments, des allergies à la ménopause, des infections aux troubles digestifs... Loin des traités ardu, ce livre simple, sérieux, pratique et pédagogique, répond aux principales questions soulevées par cette discipline. A chaque réponse, l'auteur, qui s'est appuyé sur son expérience de praticien, présente la (ou

les ) plante (s), son origine, son histoire, explique leurs vertus et offre une proposition de soin précise et détaillée.

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