



Heilende Kräuter und Tees (Anaconda Gesundheit und Wellness) (German Edition)

Ivan Maltsev

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Alle Medizin hat ihren Ursprung in der Natur. Das Wissen um die Heilkraft der Kräuter und ihrer pflanzlichen Wirkstoffe war zu allen Zeiten fest in der Lebenswirklichkeit der Menschen verankert. Heute allerdings sind viele der uralten Kenntnisse aus der alltäglichen Behandlungspraxis verschwunden. Das vorliegende Buch stellt diesen Bereich der Naturheilkunde in kompakter Form vor: Auf die Beschreibung von 54 Kräutern und ihren Eigenschaften folgen zahlreiche Rezepte für heilende Tees, übersichtlich nach Anwendungsgebieten geordnet und von einem ausführlichen Register erschlossen.

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