



Como cura la equinacea (MANUALES INTEGRAL) (Spanish Edition)

Josep Lluís Berdonces

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La equinácea, la planta que potencia tu inmunidad

Los indígenas de América del Norte conocen desde hace siglos las extraordinarias propiedades sanadoras de la equinácea. Esta planta es el estimulante inmunitario natural por excelencia, pero además tiene grandes cualidades como analgésico, y antiinflamatorio. Debido al efecto que tiene sobre el sistema inmunitario, las investigaciones recientes intentan valorar su efectividad en el tratamiento de la artritis, el cáncer, el sida, el síndrome de fatiga crónica y también del resfriado común.

Este libro explica las diferentes aplicaciones de esta planta y muestra cómo y cuándo puede administrarse.

Josep Lluís Berdonces

Doctor en Medicina y diplomado en Fitoterapia y Plantas Medicinales por la Universidad de Montpellier. Autor de más de una docena de libros sobre plantas y salud natural, entre ellos *Cómo cura el ajo*, *El gran libro de la iridología*, *Hipérico el antidepresivo natural*, o *Manual de adelgazamiento naturista*. Forma parte del consultorio Integral, Centre Mèdic i de Salut de Barcelona.

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