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Lire des ebooks La phytothérapie Sylvie Verbois PDF, ePub, mobi, Pour se soigner, utiliser les plantes a été pendant plusieurs siècles la seule méthode. Aujourd'hui encore, de très nombreux médicaments sont fabriqués à base de plantes. Véritable initiation à la médecine douce, ce livre constitue un guide très complet : il commence par exposer les origines de la phytothérapie pour présenter ensuite les différentes plantes utilisées. Enfin, une vaste partie pratique propose des remèdes aux pathologies les plus courantes, sans oublier les maux spécifiques de la femme et de l'enfant. Un auteur spécialiste - Des fiches pratiques - Des recettes de cuisine

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