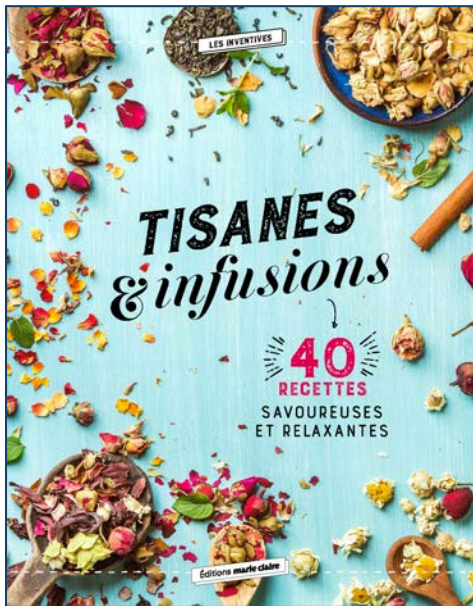


Herbal Teas and Infusions

40 delicious and relaxing recipes

September 2017



Synopsis:

It is already well known that herbal teas and infusions favours sleep and digestion, but the other benefits of these beverages on our health and our well-being are less famous, and this title proposes to readers to discover them.

Herbal teas and infusions have many advantages: 100% natural, no calories, numerous flavours, easy to find, and cheap.

This book offers to readers 40 classic and original recipes to take care of yourself in a natural and sweet way.

What is inside:

What are the differences between teas, herbal teas and infusions?

Why is it good to drink herbal teas? When is the best moment to drink them? At what frequency?

How to prepare them: to stay slim, to digest well, to stay in shape, to sleep well, to relax and remove stress, to ease some pains, or to just drink with pleasure a nice and tasty herbal tea.

The Author:

Hélène Comlan works as a naturopath. She is passionate since her childhood by natural medicines. She strongly believes in the importance of a good living hygiene.

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