

Natural Sleep

Meditation, relaxation therapy, aromatherapy, Bach flowers remedies...

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Synopsis:

Sleeping has a key role in our health and the well being of our body. The book will give you all the information you need to find it back, to know the quality of your sleep, what are the major factors to take into account ?

After an explanation of the various causes that can lead to a bad sleep, the author guides you through an exhaustive list of natural remedies to a bad sleep: rituals, atmosphere of your room, food, exercises, relaxation techniques, aromatherapy, osteopathy, Bach flowers, gemmotherapy...

The Author:

Karine Vanpoeringhe-Labbe (Paris) is a pharmacist and a naturopath. She has always been interested in natural remedies. She wrote a thesis on the medical properties of exotic fruits and she also teaches pharmacology and botanic.

<http://www.naturopathe-paris-12.com/>

■ Specs:

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