

Natural Remedies for our Everyday Life

Author: Ana Pinto Caetano

THE guide to have at home to find quickly a solution to little health problems and injuries.

Heartburn, gum disease, cold, wart, sunburn, insect bites, cut: applying quickly a natural cure can prevent you from having to take medicines and avoid the situation to get worst.

To each problem several solutions are proposed: homeopathy, aromatherapy, food, herbal teas, etc.

Not many products are necessary to do these « traditional » remedies, that can be impressively efficient.

The author – naturopath – gives throughout the books advises to favour well-being and prevention.

Content: Slight injuries – Digestive system – Skin system - ENT and breathing system – Stress, tiredness and sleep – Preventive technics.



The Author:

Ana Pinto Caetano (Paris) is a naturopath.

She accompanies people in their quest to improve their health practices.

She is also the author of **SOS Detox** with Marie Claire Books.

Specs:

128 pages – 170 x 230 mm

Prix : 14,90 €

ISBN : 979-10-323-0380-1

Availability: October 15th 2019