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Naturopathe

SOINS D'URGENCE AU QUOTIDIEN

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Petit Guide

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La beauté au quotidien Petit Guide,2015-09-09 La beauté une question de naturel Depuis l'aube des temps naturel et beauté ont toujours été de paire Des célèbres bains de douceur au lait de chèvre de Cléopâtre l'invitation des thermes par les romains en passant par l'huile d'olive et d'argan la cosmétique moderne s'est toujours inspirée de ce qui lui offrait la nature Un ebook pratique et malin qui répondra rapidement toutes vos questions sur ce sujet Avec plus de 300 titres parus la collection Petit Guide vous propose de découvrir l'essentiel des sujets les plus passionnants et répondre vos questions sur l'histoire les sciences la nature les religions la santé la cuisine les langues et bien d'autres domaines galement disponible en numérique L'histoire de France Le corps humain Se soigner par les plantes Les mathématiques L'anglais L'essentiel L'espagnol L'essentiel Homéopathie Les 12 signes du zodiaque La grammaire La Première Guerre mondiale La beauté au quotidien Ces aliments qui font maigrir Remède des anciens et beaucoup d'autres **Le petit guide du bien-être au naturel** Julien Kaibeck,2016 **Petit guide pratique familial des remèdes naturels** Chantal Aubin,1995*

Le bicarbonate et ses bienfaits Petit Guide,,Martina Krccmár,2015-09-09 Il fait partie de notre quotidien mais nous avons eu tendance le réserver au profit d'autres produits en apparence plus modernes et peut-être moins naturels La polyvalence du bicarbonate est exceptionnelle et il peut être utilisé tout à la fois pour nettoyer rincer laver polir assainir adoucir désodoriser soulager cuisiner réduire l'acidité ou même jardiner Un ebook pratique et malin qui répondra rapidement toutes vos questions sur ce sujet Avec plus de 300 titres parus la collection Petit Guide vous propose de découvrir l'essentiel des sujets les plus passionnants et répondre vos questions sur l'histoire les sciences la nature les religions la santé la cuisine les langues et bien d'autres domaines galement disponible en numérique L'histoire de France Le corps humain Se soigner par les plantes Les mathématiques L'anglais L'essentiel L'espagnol L'essentiel Homéopathie Les 12 signes du zodiaque La grammaire La Première Guerre mondiale La beauté au quotidien Ces aliments qui font maigrir Remède des anciens et beaucoup d'autres

Naturopathie Marine Le Gouvello,2018-02-16 Nous avons tous connu des problèmes de digestion sommeil gestion du stress déficience immunitaire ou maintien du poids L'objectif de cet ouvrage est d'éclairer sur la façon dont la naturopathie discipline millénaire issue de l'observation de la nature peut aider chacun d'entre nous au quotidien en plaçant l'hygiène de

vie la première place La première partie de cet ouvrage tablit un tat des lieux clair et objectif de la naturopathie ses origines ses outils sp cifiques ses cinq piliers vitalisme holisme causalisme humorisme et hygi nisme ses techniques traditionnelles et les grandes constitutions qui nous caract risent nerveux bilieux sanguin et lymphatique L auteur pr sente galement en d tail le bilan de vitalit qu effectue le praticien lors de la première consultation La seconde partie entre dans l aspect pratique des pathologies via les quatre grands th mes des maux contemporains le syst me digestif probl mes de transit flore intestinale intol rances alimentaires perm abilit intestinale gluten lactose le syst me nerveux et la gestion du stress syst me endocrinien surmenage burn out insomnie chronobiologie d pression addictions le syndrome m tabolique surpoids flore intestinale hypertension art rielle bilan lipidique diab te index glyc mique r gime pal o c tog ne l inflammation inflammation aigu acidose allergies respiratoires pathologies auto immunes canc rologie Les pathologies sont examin es en d tail travers leurs signes cliniques et leurs causes possibles en proposant pour chacune d elles les cl s naturopathiques adapt es alimentation exercices physiques gestion psycho motionnelle hydrologie phytoth rapie et aromath rapie techniques manuelles r flexes respiratoires nerg tiques et de rayonnement Ce livre est enrichi de conseils pr cis li s la pratique du yoga ainsi que de fiches pratiques qui r sument concepts et techniques utilis s en cabinet

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