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Ervas que curam é um guia repleto de informações para usufruir do melhor que a natureza medicinal tem a oferecer. Cada dia mais, a complexa interação entre corpo, mente e espírito vem sendo reconhecida no campo da medicina holística. Chegada a era da medicina complementar, surge o reconhecimento de que a fitoterapia merece ser respeitada. Com este e-book, descubra um pouco mais sobre a origem dessa ciência, suas substâncias químicas e efeitos. Aprenda a fazer preparados medicinais em casa – em passos simples e ilustrados – como infusões, tinturas, xaropes e cataplasmas. Saiba quais tipos de ervas usar para as mais variadas enfermidades, divididas nas seções Sistema Respiratório, Sistema Digestivo, Sistema Nervoso, Afecções Cutâneas, Sistema Musculoesquelético, Saúde da Mulher e Saúde do homem. Descubra o poder da camomila, do ginkgo biloba, das sementes de uva, da castanha-da-índia, do salgueiro-branco, do alho e muitas outras dicas para conhecer melhor as ervas, tudo para cuidar da sua saúde de maneira natural.

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