



## Camomilla, tiglio e passiflora (Italian Edition)

*Giuseppe Maffei*

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*Giuseppe Maffeis*

## **Camomilla, tiglio e passiflora (Italian Edition)** Giuseppe Maffeis

Tre piante dall'aspetto molto diverso, sono tra i più efficaci ansiolitici "verdi": calmano tensioni e irritabilità, favoriscono un sonno profondo e continuo.

La camomilla inoltre placa i crampi addominali e aiuta la digestione, combatte ulcere, gastriti e riniti, cura le infiammazioni agli occhi.

La passiflora è sedativa e anti-stress, combatte i malesseri della menopausa e serve a curare il colon irritabile.

Il tiglio abbassa la pressione, riduce agitazione e tachicardia, allevia raffreddore e disturbi intestinali.

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