



Cultiva tus remedios (ILUSTRADOS INTEGRAL) (Spanish Edition)

Mariano Bueno

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Guía de cultivo y uso de plantas medicinales en casa

El arte de sanar mediante las plantas ha sido durante siglos la principal herramienta con que los humanos han tratado las más variadas dolencias. Mariano Bueno, profundo conocedor de los remedios que nos brinda la generosa naturaleza, nos ofrece una completa guía para identificar las plantas medicinales más beneficiosas, aprender a cultivarlas en casa y elaborar los remedios más efectivos con cada una de ellas.

Desde el ajo, la albahaca y el aloe hasta la manzanilla, la menta, la estevia, el tomillo y la valeriana. Con este botiquín natural, el lector podrá subsanar muchos de los obstáculos que se interponen entre las personas y su bienestar.

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