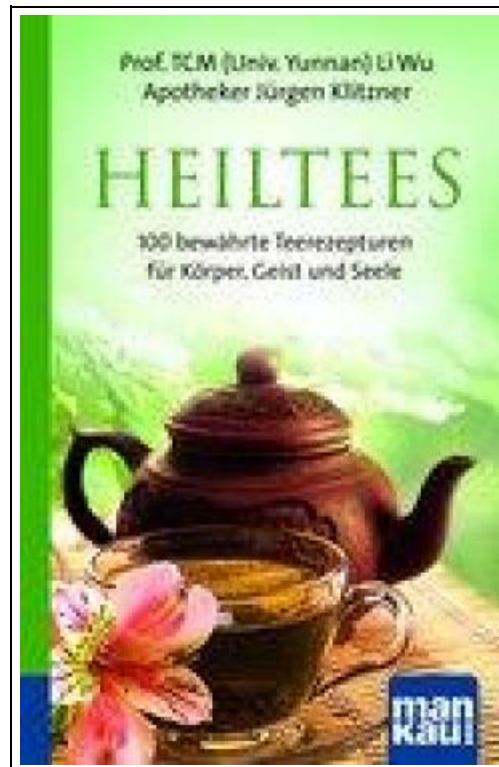


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Mankau Verlag Okt 2014, 2014. Taschenbuch. Book Condition: Neu. 16.5x11.5x cm. Neuware - Mit Tee verbinden wir Ruhe, Genuss und vor allem Gesundheit und Wohlbefinden. In vielen Kulturen weiß man seit Jahrtausenden um die Heilwirkung von Tee auf Körper, Geist und Seele; insbesondere die Traditionelle Chinesische Medizin und die europäische Kräuterheilkunde setzen bis heute auf die gesundheitsfördernde Kraft der Natur. Heiltees können vorbeugend oder im akuten Krankheitszustand eingesetzt werden und dabei sofort ihre wunderbare Wirkung entfalten. In diesem Kompakt-Ratgeber wollen die beiden Autoren das beiden Traditionen innewohnende, ungeheure Potenzial ausschöpfen: In ihrer jahrzehntelangen Zusammenarbeit haben sie untersucht, welche Heilkräuter aus Ost und West am besten harmonieren, und stellen neben europäischen und chinesischen Rezepturen wertvolle Euro-Asia-Mischungen vor, in denen sich die Kräuter beider Kontinente in ihrer Wirkung ergänzen, oft sogar um ein Vielfaches verstärken. Erfahren Sie in übersichtlicher und systematischer Darstellung das Wichtigste über: -Grundlagen der chinesischen und europäischen Kräuterheilkunde -Zubereitung, Dosierung und Anwendung europäischer, chinesischer und euro-asiatischer Heiltees -vielseitige Rezepturen und Wirkstoffe, sortiert nach Beschwerden 127 pp. Deutsch.

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