



Vorsorge und Heilung: für Körper, Seele und Umwelt (German Edition)

Eva Maria Schalk

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Ein Lexikon für Gesundheitsbewusste sowie Tier- und Umweltschützer!

Eva Maria Schalk vermittelt Ratschläge für ein einfaches, glückliches Leben.

Egal ob Kochen, körperliche und seelische Probleme, umweltzerstörende Maßnahmen - die Autorin bietet nachhaltige Lösungen und Alternativen an.

Aus dem Inhalt:

- Heilende Lebensmittel und energiesparende Kochkultur
- Vermeidung von Alzheimer, Krebs, Arterienverkalkung, Gelenkproblemen mit natürlichen Mitteln
- Ratschläge zum Abnehmen
- Hilfe bei Burn-out, Depressionen, Sucht
- Stevia, Wasser und Bewegung
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