



El tratamiento natural de las alergias (MANUALES INTEGRAL) (Spanish Edition)

Rosa Guerrero

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Los factores que originan las alergias y las soluciones para combatirlas

Las alergias son la expresión de un desequilibrio interior que responde a múltiples causas. Cada persona alérgica tiene sus <>, por ello es un error tratar a todos los alérgicos por igual y con los mismos remedios. En general, los fármacos convencionales sólo palían los síntomas y, en ocasiones, incluso pueden perjudicar la evolución de la enfermedad. Este libro describe cuál es la aportación de las terapias naturales en el tratamiento de las alergias, pues en vez de aplicar tratamientos paliativos agresivos buscan el origen de la alergia y tratan de activar los mecanismos internos de cada paciente para conseguir su curación.

En este libro podrá encontrar:

- Los diferentes tipos de alergias y sus principales manifestaciones clínicas.
- Cómo influye la dieta en las alergias.
- Cuáles son los tratamientos naturales más comunes: la fitoterapia y los complementos ortomoleculares.
- Los tratamientos homeopáticos más habituales y cómo se usan las terapias alternativas.

Rosa Guerrero

Licenciada en Ciencias de la Información, diplomada en Naturopatía, experta en nutrición ortomolecular y postgraduada en Homeopatía. Es terapeuta, tiene editados diversos libros sobre terapias naturales y colabora habitualmente con publicaciones sobre salud natural.

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