



# Handbuch der Pflanzenöle: für Praxis, Wellness und Hausapotheke (German Edition)

*Helmut Göppel, Sabine Kirschner*

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Öle sind ein wesentlicher Bestandteil des Lebens, sie sind der flüssige Treibstoff für Pflanzen, Tiere und natürlich auch für uns Menschen. Wir können die Vielfalt der natürlichen (nativen) Öle zur Pflege und Stärkung unseres Körpers nutzen. Auch bei vielen gesundheitlichen Problemen bieten Öle naturmedizinische Unterstützung.

Allgemeine Hintergründe und Zusammenhänge werden kompakt vermittelt und 112 Öle, Fette, Wachse, Mazerate und ätherische Öle vor ihrem biologischen und ökonomischen Hintergrund detailliert in Verwendung und Wirkung vorgestellt.



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