



Manuale di Naturopatia (Italian Edition)

Istituto Riza di Medicina Psicosomatica

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La Naturopatia si basa soprattutto sul sostenere e lasciare agire il lato naturale di ognuno di noi, in cui risiedono le energie più vitali, in grado di portarci all'autoguarigione. Questo libro trae spunto dai corsi della Scuola di Naturopatia dell'Istituto Riza; nella prima parte l'autore presenta le linee guida dei principali metodi di terapia naturale: erboristeria, alimentazione, aromaterapia, omeopatia, fiori di Bach, tecniche di autostima e varie altre. Nella seconda parte mostra come tali strumenti si possono usare per riequilibrare le principali funzioni corporee e ritrovare salute e benessere.

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