



# Curarsi con la Naturopatia - Vol. 1 (Fare naturopatia) (Italian Edition)

*Catia Trevisani*

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La trattazione dei vari disturbi è realizzata attraverso rubriche fisse che affrontano la problematica in modo multidisciplinare (Fitoterapia, Aromaterapia, Medicina Tradizionale Cinese, Iridologia, Psicosomatica, Riflessologia plantare integrata, Yoga, ecc.). I disturbi trattati in questo volume sono: Cefalea - Colon irritabile - Intolleranze alimentari - Cellulite - Ansia - Sindrome premestruale - Insonnia - Stress - Stitichezza - Asma e raffreddore da fieno.

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