



Natur heilt: Aus der Praxis eines Naturarztes (German Edition)

Kurt Hungerbühler

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Ganzheitliche Behandlungen sind absolut in. Der Mensch sucht in der Natur jene Unterstützung, die er auf seinem Weg zur Heilung braucht. Kurt Hungerbühler hat erfolgreiche Therapien aus der Naturheilkunde in der eigenen langjährigen Praxis erprobt und stellt ein Kompendium vor, in dem er die alternativen Heilmethoden des europäischen Raumes für den Laien anwendbar macht.

- Kräuteraanwendungen, Tees, Tinkturen
- Homöopathie, Spagyrik
- Bachblüten
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- Wärme- und Kältebehandlungen
- Schüßler-Salze• Ernährung u. v. m.

Da der Mensch sowohl einen Körper als auch Gefühle, Geist und Seele hat, ist Heilung am erfolgreichsten, wenn auch die individuellen Aspekte des Menschen in die Therapie einbezogen werden.

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