



4 TISANES POUR SOULAGER LES COURBATURES

1 INFUSION GINGEMBRE

Elle réduit jusqu'à 25% des douleurs musculaires grâce aux effets anti-inflammatoires et analgésiques du gingembre.



2 TISANE CANNELLE

Elle réduit les douleurs musculaires chez les athlètes.



3 INFUSION ORTIE

Elle a des effets anti-inflammatoires sur le mécanisme de NF-kappaB. Les extraits d'ortie réduisent l'inflammation et soulage les courbatures.



4 TISANE AU CURCUMA

Elle possède des propriétés anti-inflammatoires, antioxydantes et analgésiques.



Les Miracles Des Meilleures Tisanes Un Problegraveme Des Solutions

Katrin Zwirglmaier



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