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TOME 1: La santé par l'alimentation



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Naturopathie Au Idien La Santeacute Par Lalimentation

IM Harris



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LES RACINES DE LA SANTÉ NATURELLE FERNANDA ALMEIDA, 2021 Tous les conseils présentés dans ce livre ne dispensent pas d'un diagnostic et d'un avis médical. Des examens sont nécessaires afin de déterminer si l'on peut faire face à la maladie par des moyens naturels. La naturopathie ne prétend pas se substituer à l'allopathie. La naturopathie est une médecine saine. Elle peut être considérée comme une science, une philosophie, un art qui vise l'être humain. L'art d'effectuer des changements dans le domaine de l'alimentation donnant la possibilité à l'être humain d'acquiescer et de conserver un état de santé psychosomatique corps et esprit optimum. De tout temps les hommes se sont soignés avec les aliments, les plantes, l'eau, des applications d'argile, des massages, des bains, etc.

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