

4 TISANES POUR SOULAGER LES COURBATURES



1 INFUSION GINGEMBRE

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



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.





2 TISANE CANNELLE

Elle réduit les douleurs musculaires chez les athlètes.



4 TISANE AU CURCUMA

Elle possède des propriétés antiinflammatoires, antioxydantes et analgésiques.







<u>Les Miracles Des Meilleures Tisanes Un Problegraveme</u> Des Solutions

S Baum

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Immerse yourself in heartwarming tales of love and emotion with is touching creation, **Les Miracles Des Meilleures Tisanes Un Problegraveme Des Solutions**. This emotionally charged ebook, available for download in a PDF format (
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