



## Manual de remedios caseros (Spanish Edition)

*Margarita Chavez Martinez*

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A traves de la historia, la utilizacion de plantas como medio de curacion ha sido siempre una excelente manera de recuperar la salud pues, por su poder depurativo que elimina la acumulacion de sustancias toxicas, brindan beneficios adicionales para nuestro organismo. Sabias que Las gargaras de jugo de jitomate alivian los problemas de irritacion de la faringe? Una friccion de aceite de manzanilla es eficaz contra los dolores reumaticos? El jugo de un limon, diluido en agua, te ayudara a mantener un cutis libre de barros y acne? El te de hierbabuena elimina las nauseas y malestares estomacales? La leche de higos verdes aplicada sobre las verrugas, las elimina definitivamente? Para contrarrestar la embriaguez resulta util tomar el caldo de berenjena? Aplicar miel de abeja sobre las cortadas o heridas ayuda a la pronta cicatrizacion? La ralladura de papa sobre la piel afectada evita el ardor e irritacion por las quemaduras de sol? Variados remedios faciles de seguir para curar o prevenir toda clase de afecciones de la piel, cicatrizacion, salpullido, alcoholismo, debilidad y cansancio, resfriado, tos y ronquera, dolores reumaticos, asma, acne, dolores de dientes, caida del cabello, indigestion y gases, dolores de estomago, cabeza, musculares, ojos, oidos, fiebre, insomnio.

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