



# Naturheilkundliche Behandlungen neu zusammengefasst (German Edition)

*Didi Kümmerlen*

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## **Naturheilkundliche Behandlungen neu zusammengefasst (German Edition)** Didi Kümmerlen

Bei vielen Krankheiten und Verletzungen bieten sich für Praxis und Haushalt, also Fachpersonen und interessierte Nichtfachpersonen, eine ganze Reihe natürlicher Hilfsmittel an. Das nötige Wissen über einfach anzuwendende Heilmethoden und Heilmittel liefert Didi Kümmerlen, Heilpraktiker, Buchautor und bekannt aus dem Fernsehen, in seinem Ratgeber.

Er erläutert eingangs in einfachen Worten wichtige und schlüssige Begriffe aus der Gesundheitskunde und stellt dann in der Folge sowohl einfache Hausmittel vor als auch homöopathische Mittel, Schüssler Mineralsalze, Pflanzenkunde und einige Tipps zu empfehlenswerten Fertigpräparaten. Zusätzlich weist er auf verschiedene Möglichkeiten einer Behandlung mittels Akupressur hin. Abrundend finden sich häufig einleuchtende Tipps zu ganz verschiedenen Situationen im Alltag.

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