



# **Gesundheit aus der Natur: Alte Hausmittel und neue Naturarzneien (German Edition)**

*Hademar Bankhofer*

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Die Natur hilft

Was heute ein Trend im Gesundheitsbereich ist, propagierte Professor Bankhofer schon immer. In seinem neusten Buch nennt er altbewährte Hausmittel, die Hilfe bei zahllosen kleineren und größeren Beschwerden bieten. Dazu liefert er einfache Tipps und Rezepte, die leicht nachzuvollziehen und zuzubereiten sind. Dieses Nachschlagewerk von A bis Z hilft, auf natürliche Weise gesund zu werden und zu bleiben.

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