



Atlas ilustrado de plantas medicinales y curativas (Spanish Edition)

S. A. Susaeta Ediciones

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Beginning with a brief history of medicinal plants, this comprehensive guide goes on to provide advice and techniques for the collection, preparation, drying, and preservation of these plants. It also discusses the active principles of medicinal plants and categorizes the plants according to their effects—antitussive, antidiabetic, diuretic, laxative, and many others. The rest of the book is a beautifully illustrated guide to more than 200 medicinal and healing plants, including wormwood, which can serve to promote appetite and combat intestinal parasites; common horsetail, which can act as an anti-inflammatory and a hemostatic agent; and white willow, the bark of which can be used to ease aches and pains and reduce fevers. This is a complete reference for any reader interested in all-natural remedies for a range of common aches, illnesses, and injuries.

Comenzando con una breve historia de las plantas medicinales, esta guía comprensiva procede a proveer consejos y técnicas para la recolección, la preparación, el secado y la conservación de estas plantas. Discute también las sustancias activas de las plantas medicinales y clasifica las plantas según sus efectos—antitusivos, antidiabéticos, diuréticos, laxantes y muchos más. El resto del libro es un manual bellamente ilustrado de más de 200 plantas medicinales y curativas, incluyendo el ajeno, el cual puede aumentar el apetito y combatir los parásitos intestinales; equiseto menor, el cual actúa de antiinflamatorio y como un agente hemostático; y el sauce blanco, cuya corteza se puede usar para aliviar dolores y reducir fiebre. Ésta es una referencia completa para cualquier lector interesado en remedios completamente naturales para diversos dolores, enfermedades y heridas.

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