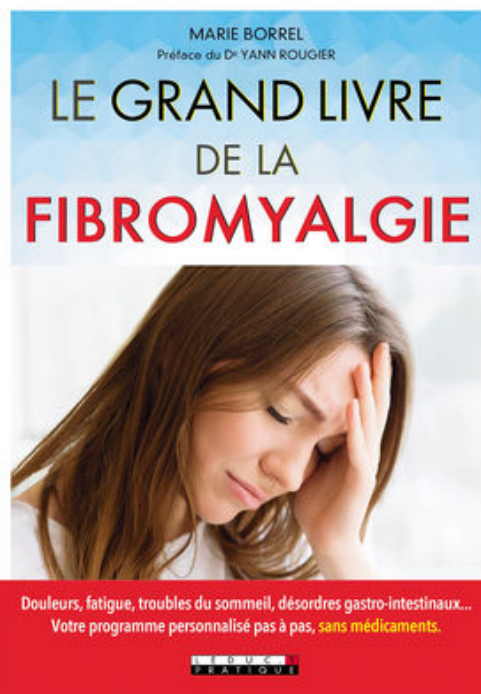


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Douleurs, fatigue, troubles du sommeil, désordres gastro-intestinaux... Votre programme personnalisé pas à pas, sans médicaments.

il est possible de soulager les symptômes de la fibromyalgie grâce à un ensemble de gestes naturels. Mais comment faire le tri entre les gestes vraiment utiles et les autres ? Comment créer un programme cohérent capable d'apporter une véritable amélioration, au cas par cas ? C'est à ces questions que ce livre répond.

Dans ce livre, découvrez :

- Les médecines naturelles pour soulager les symptômes : homéopathie, phytothérapie, aromathérapie, compléments alimentaires, ostéopathie, acupuncture, hydrothérapie, yoga...
- L'alimentation qui limite les manifestations de la maladie : acidobasique, sans gluten, anti-inflammatoire, confort gastro-intestinal...

TOUS LES OUTILS SIMPLES ET NATURELS POUR CONCOCTER SON PROGRAMME EN FONCTION DES SYMPTÔMES ET DE LEUR INTENSITÉ

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Author : Marie Borrel
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