



Kein ganz normales Kräuterbuch: kreativ charmant (German Edition)

Petra Ostermeier

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Stöberhaft charmantes Lesebuch, mit Kurzgeschichten rund um die Natur. Die Erfahrungen der Autorin und Heilpraktikerin, wollen zum besseren Verständnis des jeweilig eigenen Ich's einladen. Mit Tipps zum natürlichen Umgang mit sich selbst und der Umwelt. Dazu wird ein kleines Heilkunde-Alphabet mit Anleitung zum Erkennen und Mitmachen vorgestellt. Einfache Rezepte zu den beschriebenen Heilpflanzen bieten sich zum Nachmachen an.

Eben ein etwas anderes Kräuterbuch. Es beschreibt weniger den wissenschaftlichen Hintergrund: mehr will es die Verbindung von Natur und Mensch, von Pflanze und ganzheitlicher Heilung aufzeigen. Denn jede Pflanze spricht zu uns, wir müssen nur wieder lernen, darauf zu hören. Wie das geht, erfahren Sie in diesem Buch, mit praktischer Anleitung!

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