



# Ayurveda y plantas medicinales (Spanish Edition)

*Fabián Ciarlotti*

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Podemos afirmar que la naturaleza es un verdadero laboratorio que trabaja día y noche sin descanso para proporcionarnos todo lo necesario para nuestra salud y equilibrio, de nosotros depende hacer uso de ella. A partir de un enfoque holístico y siguiendo las enseñanzas del Ayurveda, dos reconocidos médicos especialistas presentan esta completa guía para el uso de plantas medicinales, otorgándole un lugar preponderante a aquellas que se encuentran en nuestra geografía.

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