

Breathe Free: Nutritional and Herbal Care for Your Respiratory System

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Abstrak

An important contribution to the field of olistic health care, it provides therapeutic guidelines for holistic approach. An expose on respiratory diseases and their natural treatment. It helps to learn how you can heal and manage common cold or flu, earache or asthma, allergies or hay fever, pleurisy or pneumonia, cough or sore throat, bronchitis or Emphysema, aids and related respiratory infections.