



Cómo cura el aloe vera (MANUALES INTEGRAL) (Spanish Edition)

Montserrat Mulero

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Conocida y empleada desde hace milenios, esta planta se desarrolla espontáneamente en climas cálidos y es merecedora del interés de la comunidad científica por los numerosos beneficios que aporta al organismo. Su composición química la convierte en una poderosa medicina, especialmente indicada para el aparato digestivo y la piel. *Cómo cura el aloe vera* explica para qué sirven y cómo deben aplicarse los diferentes productos disponibles en el mercado elaborados con esta planta, así como la manera de hacer en casa geles, lociones y otros preparados.

El aloe vera está especialmente indicado para solucionar acidez de estómago, alergias, asma, colesterol, artritis y reumatismo, hipertensión, psoriasis y manchas en la piel. Además, su uso es un excelente tratamiento preventivo contra la caída del cabello, los problemas de digestión y un magnífico guardián de la hidratación de la piel y de la correcta cicatrización de las heridas.

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