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Die Besten Hausmittel Ihre Gesundheit Ebook

Josefa Kreuzer



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Die besten Hausmittel für Ihre Gesundheit Alina Steffen, 2014-09-29 Sie suchen Tipps für Ihre Gesundheit weil Sie möglichst auf Medikamente mit Nebenwirkungen verzichten wollen Dann ist dieses Buch genau richtig für Sie Hier finden Sie 120 wertvolle und hilfreiche Tipps für Ihre Gesundheit Sie finden hier z B Tipps gegen Hals Bauch oder Kopfschmerzen wie auch Tipps und Tricks gegen Pickel Fieber Husten Erkältung oder Schlafstörungen Unterstützen Sie Ihre Gesundheit mit den wirkungsvollen Heilkräften der Natur Es müssen nicht immer Medikamente mit Nebenwirkungen sein So werden Sie schneller gesund Ich wünsche Ihnen mit diesem Buch viel Freude und Erfolg *Lehrerpflanze Cannabis - Ein schamanischer Ratgeber* Sun Dragon, 2021-02-03 Der schamanische Lehrer Sundragon hat einen Ratgeber geschaffen in dem er neue und ganzheitliche Wege zu einem bewussten und heilsamen Umgang mit der Pflanze zeigt Er verbindet darin seine persönlichen Erfahrungen und sein spirituelles Wissen mit den aktuellen Ergebnissen der modernen Cannabisforschung Der Autor öffnet darin die Geheimnisse der Yogis und Schamanen über die erstaunlichen Wirkungen der Hanfpflanze und zeigt wie wir durch die Kombination mit bestimmten Vitalstoffen tiefe Zugänge zu unserem Endocannabinoidsystem erlangen und es bewusst nutzen können Ein Buch das sich an alle wendet die einen sinnvollen und heilsamen Umgang mit Cannabis suchen sei es um ihre Gesundheit zu stärken ihre Selbstheilung zu verbessern ihren Geist zu erweitern oder mehr körperliche Fitness aufzubauen Sowohl Menschen die Cannabis aus medizinischen Gründen nehmen als auch Freizeitkonsumenten finden hier ein Hintergrundwissen verbunden mit vielen Anleitungen und Übungen das einzigartig ist und unsere Verbindung zu dieser alten Kulturpflanze näher beschreibt Selbstwert und Kundalini Yoga Sangeet Singh Gill, 2017-10-17 Der Basistext enthält Hintergrundinformationen zum Thema Selbstwert und Selbstbewusstsein Vortrag von Yogi Bhajan zu dem Thema sowie eine Meditation und ein Yogaset Wir wollen gerne glücklich sein und uns mit allen unseren Möglichkeiten weiterentwickeln aber oft werden wir von unserem eigenem Mangel an Selbstwertgefühl blockiert Es gibt zwar Situationen in denen wir uns wertvoll und geschätzt fühlen aber die sind zeitlich begrenzt Das Grundgefühl ist dass etwas fehlt Dies setzt uns unter einem dauerhaften Stress der unsere Leistungsfähigkeit einschränkt und unsere Gesundheit angreift Yogi Bhajan **Die Edelsteine der Heiligen Hildegard von Bingen und ihre Anwendung** Gerold Gerold, 2013-07-18 Zu Beginn des Ratgebers findet man eine kurze Information über Hildegard von Bingen das alte Wissen über die Heilsteine und wie man diese nutzbringend und kostengünstig für sich selbst seine Familie und Angehörige bei verschiedenen Beschwerden verwenden kann Weiters werden Energietankstellen beschrieben welche man in Wohnung oder Büro aber auch in größeren Räumlichkeiten errichten kann beschrieben Hauptinhalt des Ratgebers sind 31 Steine die für verschiedene Beschwerden verwendet werden können Nach den Beschreibungen der Steine und deren Anwendungsmöglichkeiten gibt es eine Erklärung und kurze Beschreibung der Energiezentren des Körpers und eine Anleitung wie man die richtigen Steine auswählt Den Abschluss bilden die Begriffserklärungen der verschiedenen Krankheiten und Anwendungsmöglichkeiten *Die Blase der Frau* Rudolf

Hochmeister,2014-09-05 Frauen leiden aufgrund der besonderen Anatomie des weiblichen Harntraktes häufiger unter Blasenproblemen als Männer Aus der lebenslangen Erfahrung eines renommierten Urologie Professors werden die mannigfachen Beschwerden Krankheiten und Folgen von z.B. angeborenen Fehlbildungen mit großer Sachkenntnis und einfühlsamer Erzählkunst beschrieben Ein interessantes Kompendium nicht nur für Frauen Auch Männer werden sich schon aus partnerschaftlichem Interesse für diese Thematik interessieren Die Lektüre ist nicht nur für Betroffene und deren Partner sondern auch für Hausärzte Frauenärzte und Urologen und andere Fachspezialisten gedacht Die geschilderten hochinteressanten Einzelschicksale bereichern jeden interessierten Leser *Schmerzen in den Gelenken* Dr. Marcus

Mau,2014-04-24 Das erste Ideen Wissen Themenheft des Jahres 2014 beschäftigt sich mit dem Thema Arthrose und den viel diskutierten alternativen Behandlungsmöglichkeiten Es geht nicht darum Ihnen Therapieempfehlungen auszusprechen oder den Gang zum Arzt beeinflusst zu machen Nein Mein Anliegen ist es Ihnen einmal zusammenhängend und kurz die wichtigsten Trends aus der aktuellen Arthroseforschung vorzustellen Ganz besonders widmet sich dieses Heft den Einflüssen der Nahrung auf die Entstehung und Entwicklung der Arthrose Da verwundert es nicht dass letztlich auch viele der besprochenen Alternativmethoden zur Schmerzreduktion mit Essen Ernährung und Gewichtskontrolle zu tun haben

Blutdruck natürlich senken Dimitri Markovich,2021-06-11 Hoher Blutdruck auch Hypertonie genannt ist eine häufige Erkrankung In Deutschland leiden 20 bis 30 Millionen Menschen darunter Langfristig schädigt Bluthochdruck die Blutgefäße und beteiligt sich zur Entwicklung von Folgeerkrankungen wie Herzinfarkt oder Schlaganfall Hier können Sie alles lesen was Sie über die Ursachen Symptome Gefahren und die Behandlung von Bluthochdruck wissen müssen Bei hohem Blutdruck sind die Blutdruckwerte ständig zu hoch Blutdruckwerte werden durch Pumpen von Blut mit jedem Herzschlag vom Herzen zu den Blutgefäßen erzeugt Blut tritt von innen Druck auf die Gefäßwand aus Je nach Funktion des Herzens wird zwischen zwei Blutdruckwerten unterschieden **50 x Denksport zum Knobeln** Alina Steffen,2014-09-18 Wissen bildet ein uralter Satz und doch entspricht er der Wahrheit Egal ob Sie sich auf Prüfungen oder Einstellungstests vorbereiten oder einfach nur Ihr Wissen erweitern oder prüfen wollen mit diesem E-Book haben Sie in jedem Fall die richtige Wahl getroffen Dieses Buch bietet 50 interessante Denksportaufgaben zum Knobeln Zu den Aufgaben finden Sie auch die jeweiligen Lösungen Die Denksportaufgaben bieten eine Menge Spaß und Abwechslung Die Aufgaben sind unterschiedlich schwer so dass sowohl Anfänger als auch Fortgeschrittene gleichermaßen ihre Herausforderungen finden werden Am Anfang ist schwer daher lassen Sie sich nicht entmutigen wenn Sie nicht gleich auf Anhieb alles wissen Lernen Sie Neues dazu und prüfen Sie Ihr bisheriges Wissen Werden Sie Experte im Lösen von Denksportaufgaben und beeindrucken Sie Freunde und Verwandte Ich wünsche Ihnen viel Spaß und Freude mit diesem Buch *Schüchtern? 30 Tipps für mehr Selbstvertrauen* Alexander

Arlandt,2018-05-12 Haben Sie Schwierigkeiten andere Menschen anzusprechen Oder ist es Ihnen in einer Besprechung unangenehm sich zu Wort zu melden und im Mittelpunkt zu stehen obwohl Sie etwas Wichtiges beizutragen haben Fällt es

Ihnen schwer anderen direkt in die Augen zu blicken Kommen Sie in leichte Panik bei dem Gedanken vor einer kleinen Gruppe an Menschen einen kleinen Vortrag zu halten Oder machen Sie sich viel Gedanken was andere von Ihnen denken oder in Ihre Bemerkungen hinein interpretieren All dies k nnen Zeichen von Sch chternheit sein Dieser Ratgeber ist f r Menschen die Angst vor dem Kontakt zu anderen Menschen haben und dabei absolut ungl cklich sind Sie k nnen n mlich keine Beziehung eingehen weil sie dann an Kontrollverlust denken Sich auf fremde Menschen einzulassen bedeutet f r sie unfrei zu sein eingeengt nicht mehr selbstbestimmt nicht tun und lassen zu k nnen was sie selber gerne m chten Es gibt Millionen solcher Betroffener sie alle brauchen dringend Rat und Hilfe Dieses eBook ist ein Ansatz denn es zeigt Wege aus dieser Angst Sie finden hier viele M glichkeiten und jede Menge Tipps und Tricks damit Sie wieder gl cklicher leben k nnen die Angst vor Menschen berwinden und Selbstvertrauen gewinnen Diät mit Proteinen Josefa Kreuzer, 2017-10-22 Inhalt Cover Disclaimer und Inhaltsverzeichnis Das gro e Di t Geheimnis 10 Kilo in einer Woche mit Proteinen Was ist schon v llig frei von Risiken Manchmal muss man Opfer bringen Exzessiv in dieser und in jener Richtung Der Natur ins Handwerk pfuschen F r ein Butterbrot zu haben Radikale L sungen nur im Notfall aktivieren Nicht jeder kommt aufs Siegertreppchen Isolierte Bausteine des Lebens Strapazieren Sie sich nicht Die Top 10 der proteinhaltigen Lebensmittel

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