



Le 1000 virtù di Tè e Cannella (Italian Edition)

Istituto Riza di Medicina Psicosomatica

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Il tè possiede incredibili virtù salutari; contiene potenti antiossidanti che proteggono il cervello, la circolazione e tutti gli organi; bere ogni giorno alcune tazze dell'infuso aiuta a prevenire il rischio di ictus e di infarto. Nel libro tutte le indicazioni per conoscere a fondo i vari tipi di tè e sfruttare le loro virtù salutari.

La cannella è preziosa non solo per il suo gusto, ma anche perché combatte le infezioni, disinfetta, stimola la digestione, placa la cefalea e il mal di gola, allevia i dolori reumatici e quelli mestruali.

Tè e cannella assunti insieme sono molto efficaci per smaltire i chili di troppo e combattere il diabete. Inoltre servono per eseguire trattamenti di bellezza che rinnovano e ringiovaniscono la pelle.

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