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Tout en mettant en garde contre les dangers de l'auto-médication, l'auteur propose des soins naturels pour les maladies infantiles courantes et tous les petits "bobos". Un classement thématique pour une consultation facile: la sphère ORL, la peau, les problèmes pulmonaires, les dents, la fièvre, les yeux, la digestion...

Un chapitre consacré aux troubles plus psychologiques: colères, fatigues, sommeil, stress...

Des explication sur le principe des médecines "naturelles": homéopathie, phytothérapie, gemmothérapie (soin à base de bourgeons de plantes), Fleurs de Bach

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