



# Trucos y remedios de las abuelas (INTEGRAL) (Spanish Edition)

*María Sol*

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Los remedios de las abuelas, los de toda la vida, siguen siendo los más eficaces para hacer de nuestro hogar un espacio limpio y saludable. La colección de trucos y remedios para el hogar y la salud que se presentan aquí revaloriza lo <> y nos propone más de trescientos recursos para solucionar de la forma más económica, saludable y eficaz, los problemas de siempre con las soluciones de toda la vida. Mantener la cocina libre de gérmenes y preparar los útiles de limpieza más sanos de forma tradicional; crear un botiquín casero para las afecciones más comunes, y elaborar nuestros propios productos de cosmética e higiene personal libre de tóxicos son algunas de las soluciones que, de forma práctica y sencilla, encontrarás en estas páginas.

Expuesto de forma muy clara y breve, encontrarás las mejores píldoras del saber ancestral en forma de:

- Trucos y recetas para preparar los mejores platos de la mejor cocina tradicional.
- Ideas para preparar un buen botiquín natural e indicaciones de qué productos y soluciones utilizar para remediar las afecciones de salud más comunes.
- Remedios y soluciones naturales de cosmética e higiene personal.
- Consejos para la limpieza y el mantenimiento de toda la casa.

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