



Weefseloute vir Heilsaamheid (Afrikaans Edition)

Margaret Roberts

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Hierdie boek is waarskynlik een van die mees ongewone wat jy ooit sal lees – een wat jou denke oor gesondheid en jou hantering van stres in die daaglikse lewe sal verander. Weefseloute – ook bekend as sel- of biochemiese soute – is 'n groep van 12 minerale wat perfek gebalanseerd in ons liggame teenwoordig behoort te wees sodat ons heeltemal gesond kan wees. Dié soute word in die natuur in die aarde se gesteentes en grond aangetref en kom natuurlik voor in gewasse wat organies in mineraalryke grond gekweek is. Maar met die vinnige tempo van die moderne lewe en die tydbesparende gemors- en geprosesseerde kos wat ons geneig is om te eet, ontbreek dit in ons liggame en word ons vatbaar vir 'n wye reeks kwale. Margaret Roberts deel in hierdie boek haar uitgebreide ervaring van hoe om die dieet met weefseloute aan te vul en hoe dit nie net goeie gesondheid bevorder nie, maar ook spesifieke kwale behandel – in die vorm van 'n tablet wat maklik is om te neem of deur middel van druppels. Margaret beklemtoon dat dit ook belangrik is om baie vrugte, groente en kruie ryk aan die bepaalde minerale te eet, en die name daarvan verskyn in elke hoofstuk. Weefseloute is binne almal se bereik omdat hulle goedkoop en geredelik by apteke oral in die land beskikbaar is. Dit is die natuur se manier om 'n moeë, afgematte liggaam weer blakend gesond te maak en wakker en positiewe denke te herstel.

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