



Ajo y cebolla (Spanish Edition)

Xavier Mujica Pons

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El ajo y la cebolla, productos naturales que desde siempre acompañaron al hombre, son hoy considerados pilares de la salud gracias a cientos de estudios que dan cuenta de sus propiedades medicinales. Ricos en nutrientes, alimentan con vitaminas y minerales indispensables para el funcionamiento del organismo. Pero eso no es todo: el ajo y la cebolla pueden prevenir y curar enfermedades en tisanas, compresas, masajes, cataplasmas, infusiones y un muestrario interminable de alternativas. No se trata de reemplazar los medicamentos que la ciencia elaboró, sino de utilizar estos cuatro tesoros de la naturaleza a nuestro favor, aprovechando sus propiedades curativas para hacerlos parte de nuestra alimentación de todos los días y tenerlos a mano como remedios caseros. Este libro es una manera de conocer la historia, las propiedades y las mejores alternativas de remedios caseros con estos dos pilares de la salud. Y como la alimentación es la mejor manera de prevenir la aparición de enfermedades y mantener la mente y el cuerpo en óptimo estado, el libro incluye también recetas de cocina para aprovechar el ajo y la cebolla en exquisitos y saludables platos.

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