



# **Cómo curan las semillas (MANUALES INTEGRAL) (Spanish Edition)**

*Jordi Cebrián*

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## **100 variedades de todo el mundo para la salud, la cocina y la cosmética**

La semilla atesora un gran potencial de energía y son muchas las plantas que guardan en ella el mejor recurso para componer nuestra dieta y favorecer nuestra salud. Algunas han constituido en el pasado el pilar básico de nuestra alimentación y lo siguen siendo hoy. Otras están mereciendo últimamente el interés de dietistas y nutricionistas por su valor nutricional y terapéutico. Es el caso de las semillas de calabaza, de granado, de trigo sarraceno, de chía, de amapola, de lino, de sésamo, de borraja, de onagra, de nuez moscada, de rosa mosqueta, de uva, de mijo o de cebada.

Este manual ofrece información detallada sobre todo lo que las semillas pueden hacer para fortalecer la salud, gracias a su alto aporte de vitaminas del grupo B, minerales, proteínas vegetales de alta calidad biológica, fibra y ácidos insaturados. Sus usos en cosmética son beneficiosos para la piel y el cabello, y sus aplicaciones en herbolarios abarcan un gran número de dolencias como los problemas digestivos, la fatiga o el estreñimiento. En este libro encontrará:

- Perfil nutricional, propiedades terapéuticas, uso culinario y cosmético de 100 semillas.
- Cómo hacer en casa leches, germinados y panes de semillas.
- 30 recetas fáciles y deliciosas.
- 10 remedios de herbolario para las afecciones más comunes.

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