



Le mille virtù di Aceto e Argilla (Italian Edition)

Istituto Riza di Medicina Psicosomatica

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L'aceto, oltre a essere un condimento, è un vero e proprio rimedio salutare, perché è efficace come ricostituente, elimina i batteri e riduce le infiammazioni. Inoltre è utile anche per trattamenti estetici, per la pulizia e l'igiene della casa.

Anche l'argilla è dotata di sorprendenti proprietà, molte delle quali poco note: è disinfiammante, antisettica, battericida, deodorante, assorbente e cicatrizzante. Si usa contro la gastrite, l'artrite, le contusioni e le ferite. In più è efficacissima per rendere liscia e tonica l'epidermide.

Argilla e aceto insieme alleviano il gonfiore e il dolore dovuti a traumi o contusioni. Detergono a fondo la pelle e i capelli; sono alleati preziosi contro il calcare, utilissimi per pulire e disinfettare le superfici domestiche.

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