

Aromatherapy In Your Diet: Discover the therapeutic benefits of everyday foods

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Abstrak

Most people think of aromatherapy as essential oils distilled from plants and flowers and administered by massage or in a warm bath. What is less well known is that the individual oils and essences of many fruits, vegetables, herbs and spices also have aromatherapeutic properties. The first section of this book gives an A-Z listing of aromatherapeutic foods and ingredients. The second section looks at the 12 systems of the body - for example the blood and circulatory system, the liver, and the digestive system. Common problems are discussed, and advice given on how using foods in an aromatherapeutic way can help. In addition, there are menu suggestions to show how therapeutic foods to suit specific needs or activities can be combined.