



Ayudas naturales para dormir bien (MANUALES INTEGRAL) (Spanish Edition)

Laurel Vukovic

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¿Te cuesta conciliar el sueño cuando te acuestas? ¿Te despiertas con la sensación de no haber descansado? ¿Necesitas cafeína u otros estimulantes para combatir la modorra durante el día? ¿Te preocupan los efectos secundarios de los somníferos que te recetan? ¡No desesperes! Tienes en tu mano muchas opciones para romper de forma natural el agotador ciclo de ausencia de sueño durante la noche y somnolencia durante el día.

La interrelación entre sueño y bienestar no es como para ser ignorada. Un problema de sueño puede alterar tu estado de ánimo, perjudicar tu rendimiento, pasar factura a tu sistema inmunitario e incluso envejecerte prematuramente.

En *Ayudas naturales para dormir bien*, la autora Laurel Vukovic presenta una gran variedad de remedios no farmacéuticos y toda la información que necesitas para disfrutar de un buen descanso nocturno.

Laurel Vukovic

Master en Trabajo Social especializada en Medicina, es, desde hace más de dos décadas, psicoterapeuta, herbalista, profesora y escritora. Ha sido durante muchos años columnista y editora colaboradora de la revista *Natural Health*. Es también autora de varios libros, entre los que destacan *Healing Secrets for Women* y *User's Guide to Women's Health Supplements*. En España se han publicado *El catarro y la gripe*, *Salud para la mujer* y *1.001 remedios naturales*.

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