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Emma Vanderbilt

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Muchas de las plantas que nos rodean tienen usos que desconocemos y que se pueden potenciar si se las emplea en forma adecuada. Crudas, como infusión, en preparados y ungüentos, son verdaderas aliadas para mejorar nuestra salud, tratar enfermedades o prevenirlas, algunos de sus resultados resultan sorprendentes. La industria farmacéutica utiliza las plantas para la preparación de extractos, drogas o medicamentos, pero en su estado natural también pueden aprovecharse para activar y acelerar ciertos procesos del organismo, aumentar las defensas y producir asombrosos efectos terapéuticos.

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