



# Curar con arcilla (Alternativa) (Spanish Edition)

*Ernesto de Estrada*

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## **Curar con arcilla (Alternativa) (Spanish Edition)** Ernesto de Estrada

El conocimiento del poder curativo de la arcilla se remonta a la antigüedad. Los egipcios la utilizaron en la momificación de los cuerpos, ya que conocían sus principios purificadores. Por su parte, los griegos la emplearon para el tratamiento de las fracturas. Entre los pueblos primitivos, que vivían en contacto directo con la naturaleza, la utilización de la arcilla era moneda corriente. Sin ir más lejos, en nuestra tradición americana, es muy popular aplicar barro en las picaduras de insectos, por ejemplo.

Las extraordinarias propiedades terapéuticas de la arcilla, sus simples formas de aplicación, su combinación con la Hidroterapia y su complementación con plantas y hierbas medicinales y determinados alimentos, son desarrollados en este libro por Ernesto de Estrada, un destacado especialista en Fangoterapia.

La tierra, el agua y el cuerpo humano son los protagonistas de estas páginas, a las que deben agregarse, necesariamente, la unión, la integración y el equilibrio entre la materia y el espíritu, para que el trabajo de sanación se concrete verdaderamente.

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