



# Weefseloute vir Kinders: Babas, Kleuters en Tieners (Afrikaans Edition)

*Margaret Roberts*

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## **Weefseloute vir Kinders: Babas, Kleuters en Tieners (Afrikaans Edition)** Margaret Roberts

Die 12 belangrikste weefseloute is minerale wat perfek gebalanseerd in ons liggame teenwoordig behoort te wees om optimale gesondheid te verseker. Hierdie merkwaardige soute kom in die aarde se gesteentes en grond voor en in gewasse wat organies in mineraalryke grond verbou is. In hierdie boek, 'n opvolger van Weefseloute vir Heilsaamheid, fokus Margaret Roberts op weefseloute wat kinders se ontwikkeling en welsyn sal bevorder – vanaf babas tot tieners. Elke weefselout word in 'n afsonderlike hoofstuk behandel, met wenke oor hoe om spesifieke kwale te behandel en raad oor hoe om die soute se inname deur middel van die regte dieet te verhoog. Vir vinnige verwysing word 'n tabel van kwale ingesluit. Hierdie boek is 'n onmisbare gids vir elkeen wat in gesondheid, welsyn en die gebruik van natuurlike middels belangstel om hul gesondheid te bevorder.

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