



Schüßler-Salze bei Stress und Burn-out (German Edition)

Thomas Feichtinger

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Stress ist ein wahrer Mineralstoffräuber – doch dagegen helfen Schüßler-Salze. So können spezielle Schüßler-Mischungen den verschiedensten Anzeichen von Stress und Burn-out entgegenwirken. Seien es Rückenschmerzen, allgemeine Unruhe, Schwierigkeiten beim Ein- oder Durchschlafen, Abgeschlagenheit, Konzentrationsprobleme oder Überforderungszustände: Schüßler-Experte Thomas Feichtiger zeigt, wie man Abhilfe schafft.



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