



# **Kurkuma: Die heilende Kraft der Zauberknolle (German Edition)**

*Klaus Oberbeil*

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**Kurkuma: Die heilende Kraft der Zauberknolle (German Edition)** Klaus Oberbeil

Kleine Knolle, große Wirkung

Kurkuma hat es in sich: Es wirkt entzündungshemmend, hilft gegen Rheuma, Kopfschmerzen und Magen-Darm-Probleme, senkt den Cholesterinspiegel, reguliert den Blutzucker und schützt vor freien Radikalen. Als Gewürz verleiht es einer Mahlzeit eine exotische Note und liegt bei Liebhabern der ayurvedischen und asiatischen Küche voll im Trend. Das erste Buch über die erstaunlichen Heilkräfte der Zauberknolle – für alle, die natürlich gesund bleiben möchten.

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