



## Naturopathy: A Season-by-Season Guide

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Natural immunity: a trending topic!

Naturopath Loïc Ternisien offers a comprehensive method to help us practice mindful self-care and regain control of their health.

He offers a wealth of practical solutions and advice for strengthening and protecting our immune, digestive, respiratory, and circulatory systems in every season, explaining which foods, nutrients, and plants to choose and which activities are most suitable. He also shares a seasonal medicine kit for naturally treating minor ailments (spring allergies, winter colds, and summer sunburn).

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