# L'hormèse thermique : ce « médicament épigénétique » active vos gènes de longévité


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# Ostéoporose : votre protocole pour un squelette en « béton armé »


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# Ces 10 cocons parfumés apaisent vos peines

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**Rappel des précautions d'emploi, de fabrication et de stockage :**

- Les HE sont déconseillées en cas d'allergie connue, d'asthme, d'épilepsie et de peau lésée pour une application locale ;
- Lors de réaction cutanée ou de projection dans les yeux, rincez abondamment avec une HV neutre – surtout pas de l'eau – et contactez votre médecin ;
- Lors de la fabrication, commencez toujours par laver et désinfecter vos mains, le matériel utilisé et la surface de travail, puis étiquetez chaque préparation ;
- Stockez vos HE et mélanges hors de portée des enfants, à l'abri de la lumière et à température ambiante.

En cas de doute, demandez conseil à votre médecin ou à moi-même (pharmacienne et aromathérapeute).

# Une noix du Brésil, du rire et 8 nutriments : votre stratégie anti-oxydation

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