



Lichttherapie (German Edition)

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Sie wird seit der Antike beschrieben und jeder kennt sie aus eigener Erfahrung: die positive Wirkung von Sonnenlicht nach langen Wintermonaten auf das seelische Wohlbefinden. Doch Lichttherapie hilft nicht nur bei der saisonal bedingten Depression, auch bei diversen Hauterkrankungen ist sie therapeutisch sinnvoll und ihre Wirkung durch Studien belegt. Das Buch bietet klare Antworten auf praxisnahe Fragestellungen bei der Behandlung von Patienten. Für alle Ärzte, die Naturheilverfahren anwenden, Internisten, Allgemeinmediziner sowie Heilpraktiker.

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