

A vibrant, sunlit forest scene. In the foreground, a wooden tree stump sits on the left, surrounded by yellow daisies and purple flowers. A stream flows through the center, surrounded by lush green grass and more colorful flowers. The background is filled with tall trees and bright sunlight filtering through the leaves, creating a warm and healthy atmosphere.

The Natural Health Guide:

: Proven Prevention,

Powerful Remedies &

Total Wellness

JOSEPH DIM.



## **INTRODUCTION**

Natural health is a comprehensive approach to well-being that favors non-invasive, preventive and holistic methods in harmony with the body's biological processes. In others words, it is a holistic approach that adopts natural methods and remedies to prevent and treat illnesses related to the body and mind. It includes a balanced and organic diet, essential oils, meditation and yoga, water, natural detoxification, physical exercise and sleep. Natural health does not replace any medical advice in the event of a serious illness, however it is important to the extent that it arouses in you the ability to listen to your body and use the necessary resources ; It strengthens the immune system, reduces stress and anxiety ; It improves sleep quality and natural hormonal balance ; Better digestion and elimination ; Healthier skin and mind ; Increased energy and vitality as well as prevention of chronic diseases. It is less expensive than some pharmaceutical products. In short, it is an art of living that reconnects humans to nature. In this book, we will offer you the keys to natural health, firstly presenting the foundations of natural health, then the branches of natural health and finally, the practical applications.

**PART I: FOUNDATION OF NATURAL HEATL**

## **Chapter I : A balanced and organic diet**

### **I – Balanced diet**

#### **1-Definition**

A balanced diet is a way of eating that ensures sufficient intake of essential nutrients to maintain health. In other words, it is harmonious distribution of the food ration during the day.

#### **2-Rhythm of meals**

It is recommended to have three meals a day, distributed as follows :

- Breakfast: it must be taken very early in the morning, because you must have it before leaving the house.
- Lunch: there must be no more than four hours between breakfast and lunch, however this depends on the consistency of the breakfast.
- Dinner: this is the evening meal which must be taken at least at 9 p.m. It must be light, since energy expenditure will be low before bedtime.
- The quantity

Generally speaking, you should make an effort to eat a quarter of the day's food ration at breakfast. At lunch, avoid heavy, very fatty foods which can lead to a reduction in alertness during digestion. As for the evening meal, it must be light because the calories stored during this meal will not be used since you are sleeping and the body does not spend anything at this time.

#### **3- Characteristics**

A healthy and balanced diet helps protect against all forms of malnutrition as well as against non-communicable diseases such as diabetes, stroke, cancer, etc. It is therefore made up of :

- carbohydrates: vegetables, fruits, whole grains
- proteins: meat, fish, eggs, legumes, nuts
- Lipids: vegetable oil, seed,
- Good hydration: at least two liters of water per day, because this limits sugary, fatty and processed foods.

### **II- Organic food**

Organic or organic food refers to the consumption of products from organic farming.

#### **1-Definition**

Organic food is produced using environmentally friendly methods without the use of chemical pesticides, synthetic fertilizers, GMOs (genetically modified organisms), growth hormones (for animal products).

#### **2-The benefits of organic foods**

Organic foods are grown naturally with respect for the environment and health. So, the advantages... are :

- Health : fewer toxic residues, often richer in nutrients
- The environment: preservation of soils, biodiversity and reduction of production
- Ethics : support for small producers and animal welfare

### **3-Examples of organic foods**

We can identify at this level:

- Fruits and vegetables
- Whole grains
- Dairy and meat products
- Eggs etc.

### **4-The limits of organic foods**

Organic foods have disadvantages such as :

- The price : often more expensive due to high production costs
- Availability: varies depending on region

### **5-How to identify an organic product ?**

To recognize an organic food, you must look for official certifications on the packaging. In Africa, certain countries are developing their own Label.

In summary, eating organic means choosing a natural diet. To do this, you need to find out about local sources and certifications.

## **CHAPTER 2: WATER AND DETOXICATION**

### **I-Water**

#### **1-Definition and Composition**

Water is a colorless, odorless and tasteless liquid substance in its pure state. It is the most abundant molecule on earth and one of the most essential to life. Its chemical formula is H<sub>2</sub>O. Which means that it is composed of two hydrogen atoms (H) and one oxygen atom (O).

#### **2-Characteristics and Roles for life**

Water is recognized through the following criteria :

- At room temperature, water is liquid.
- It can also exist in solid (ice) or gaseous (vapor) form.
- It has the ability to dissolve many substances, earning it the name "universal solvent"

Water is very important for health, in the sense that :

- It is essential for all living beings.
- It allows plants to grow, transports nutrients within organisms and participates in almost all of the body's biochemical reactions.
- It covers approximately 70% of the earth's surface and constitutes on average 60% of the human body.
- It is therefore both a natural element, a chemical molecule and the source of all life on earth.

#### **3-The essential functions of water**

The functions of water in maintaining health and life are :

1-Hydrate and maintain the structure of cells : water is the first constituent of cells, it gives them their shape, their flexibility and allows them to function correctly.

2-Transport nutrients and oxygen : water is the main component of blood and lymph. It serves as a "vehicle" to transport :

- Nutrients from digestion
- oxygen provided by the lungs
- Hormones and other molecules necessary for organs

3-Eliminate waste and toxins : it helps to evacuate cells and metabolism in the following way : through the kidneys (urine), through the skin (sweat), through the lungs (water vapor) and through stools.

4-Regulate temperature : thanks to perspiration and the evaporation of sweat, water helps maintain a stable temperature, even when it is hot or during physical exercise.

5-Lubricate and protect: water lubricates the joints (synovial fluid), it protects fragile organs and tissues such as the eyes (tears), the brain and the spinal cord (cerebrospinal fluid).

6-Facilitate chemical reactions: In the body, many biochemical reactions take place in an aqueous environment and require water to occur

In one sentence, water supports all vital functions, because without it, neither circulation, digestion nor elimination would be possible.

## **II-Detoxification**

### **1-Definition**

Detoxification or « detox » is the process by which the body eliminates waste and toxins that accumulate in the body, to maintain a good balance and stay healthy.

#### **-The organs of detoxification**

Detoxification is ensured by the so-called emontory organs which are :

- The liver: the body's great filter, it transforms toxic substances (alcohol, medications, chemicals, etc.) into compounds that are easier to eliminate.
- The kidneys: filter the blood to remove waste into urine.
- The intestines: eliminate food residues and toxins through the stool.
- The skin expels certain toxins through sweat.
- The lungs: release carbon dioxide and other gases.

### **3-Is detoxification purification ?**

Detoxification is the natural biological process by which the body eliminates waste and toxic substances. It is a physiological function carried out by water, the kidneys, the lungs, the skin and the intestines. We then talk about what happens in the body to maintain health. But purification is a broader concept that means « to make pure » by eliminating physical, symbolic or spiritual impurities. It can be :

\*Physical: cleaning skin or surfaces

\*Emotional/mental (freeing yourself from negative thoughts)

\*Spiritual (in certain religious or cultural traditions, perform purification rituals.

In conclusion, detoxification cannot be considered as purification, because it is a natural and biological process where as purification is an approach which includes detox, but also affects the mind, the symbolism and the exterior of the body.

## **CHAPTER 3-Physical exercise**

### **1-Definition**

Physical exercise refers to any planned and repeated body activity that uses muscles and increases energy expenditure compared to rest. In other words, it is an activity that moves the body to improve health, physical fitness and well-being.

### **2-The benefits of physical exercise**

Regular exercise provides many benefits for the body and mind.

#### **\*On the body**

Strengthens the heart, lungs and aids blood circulation : Exercise improves the heart's ability to pump blood and lowers blood pressure.

- Improves lung function : Exercise encourages the lungs to use oxygen better.
- Tones muscles and strengthens bones : Physical exercise stimulates bone growth and prevents osteoporosis (a disease that causes fragile bones to become brittle). It also maintains muscle mass and strength at this level, even during old age.
- Improves flexibility and balance : Physical exercise reduces falls and injuries, especially among seniors.
- Promotes a healthy weight and reduces fat mass : physical exercise increases physical expenditure, helps control or lose weight.
- Reduces the risk of diseases (diabetes, hypertension, cardiovascular diseases, etc.)

#### **\*On the mind**

- Reduces stress and anxiety : Physical exercise promotes the release of endorphins which stimulate relaxation.
- Improves the quality of sleep : it allows for better falling asleep and deeper sleep.
- Increases concentration and memory : Physical exercise stimulates blood flow to the brain.
- Gives self-confidence and improves mood : thanks to physical exercise, you feel more confident and positive after exercise.

### **3-The main types of physical exercise**

The types of physical exercise are :

#### **Endurance exercises (cardiovascular)**

- Goal: improve the capacity of the heart and lungs as well as resistance to exercise.
- Examples: brisk walking, jogging, swimming, cycling, dancing.
- Recommended frequency: 3 to 5 times a week, at least 30 minutes.

#### **Muscle strengthening exercises**

- Goal: develop strength and muscle mass/protect joints and improve posture.
- Examples: push-ups, squats, dumbbells, exercises with elastics.
- Recommended frequency: 2 to 3 times per week, leaving one day of rest between sessions.

### **Flexibility exercises**

- Goal: improve range of motion and prevent injuries/promote relaxation.
- Examples: stretching, yoga, pilates.
- Recommended frequency: ideally every day, especially after warming up or at the end of a session.

### **Balance exercises**

- Goal: reduce the risk of falls, especially among the elderly
- Examples: tai chi, exercise standing on one leg, walking in a straight line with eyes closed, using a balance ball.
- Recommended frequency: 2 to 3 times per week

## **4-Advice according to age and physical condition**

### **a-Children and adolescents (5 to 17 years old)**

- At least 1 hour of moderate to intense physical activity per day.
- Include games, team sports, swimming, cycling and many others.
- Alternate strength endurance (through play) and flexibility.

### **b-Adults (18 to 64 years old)**

- Minimum 150 minutes of moderate endurance activity per week or 75 minutes, but with intense activities.
- Include muscle strengthening at least twice a week.
- Complete with balance and flexibility exercises.

### **c-Seniors (65 years and over)**

- Same recommendations as for adults.
- Place more emphasis on fall prevention with balance and coordination exercises.

### **d-People with chronic illnesses or disabilities**

- Physical activity is beneficial but must be adapted to the condition.
- Always seek professional advice before starting.

## **5-Some rules to respect**

- Always warm up before and stretch after.

- Start gradually and increase the intensity little by little.
- Drink enough water.
- Wear appropriate clothing and shoes.
- Listen to your body and avoid forcing yourself in case of pain.

## **II- Sleep**

### **1-Definition**

Sleep is a state of rest during which the body and brain slow down their activities to regenerate. It is a biological process essential to physical, mental and emotional health.

### **2-What happens during sleep?**

During sleep, the following things happen: the brain is active, but functions differently. It sorts the day's information (memorization); The body repairs tissues, produces hormones and reduces stress; The muscles are relaxed and the heart beats more slowly.

### **3-The importance of sleep**

Sleep plays a big role in human health in the sense that it:

- Improves concentration and learning.
- Strengthens the immune system.
- Reduces the risk of illness.
- Regulates emotions and promotes good mental health.

### **4-The phases of sleep**

Also called forms, states or types, these are the different modes of activity of the body and brain during the night. The main forms of sleep in humans are:

#### **a-Slow or non-paradoxical sleep**

This is « quiet » sleep, where brain activity gradually slows down. It is divided into sub-forms or stages:

Stage 1: light sleep

- Transition between wakefulness and sleep.
- Very easy to wake up at this time.
- Lasts a few minutes.

Stage 2: light and stabilized sleep

- Heart rate and breathing slow down.
- The body begins to truly relax.

- It lasts longer than stage 1.

Stage 3: deep sleep

- The most restorative for the body.
- Minimal brain activity.
- It is difficult to wake someone up in this stadium.
- It stimulates growth, repair and the immune system.

### **b-Paradoxical sleep**

It is called so because the brain is very active, almost like when we are awake ; The eyes move quickly under the eyelids. It's the form where we dream the most. This type of sleep is important for memory as well as emotional regulation.

c- Intermediate sleep

It is a transition phase between light and deep sleep

## **5-The disadvantages of sleep**

Although sleep ensures the well-being of the body, it can still be harmful, from the moment when :

- It is excessive : sleeping a lot (more than 10 to 12 hours per day) perhaps linked to several disorders (diabetes, obesity, depression, cardiovascular risks, cognitive determination, a feeling of permanent fatigue.)
- It is of poor quality : even when sleeping for a long time, disrupted sleep (apnea, frequent awakenings, insomnia) tires the body.
- The rhythm is disorganized : going to bed at regular times (night work, frequent sleepless nights) disrupts the biological clock by causing chronic fatigue, metabolic disturbance, hormonal disorders.
- We sleep in poor conditions : too much light, heat, uncomfortable positions can cause pain and headaches.

In reality, sleep is not dangerous, however sleeping poorly or sleeping excessively can cause an underlying problem and harm your health. Sleeping less is also bad for your health. The ideal for an adult is on average 7 to 9 hours of sleep per night and at regular times.

## **III-Focus on sleep disorders**

### **1-Definition**

A sleep disorder refers to difficulty sleeping properly, whether falling asleep, staying asleep, or getting restful sleep. This is very common and can affect health, day or quality of life.

### **2-Types of sleep disorders**

The main types of sleep disorders are :

- **Insomnia** : difficulty falling or staying asleep. It can be temporary, due to stress, anxiety...

- **Hypersomnia:** excessive sleepiness during the day, even after a normal night. This is the case with narcolepsy (sudden and uncontrolled falling asleep).
- **Parasomnias:** these are abnormal behaviors during sleep in particular, somnambulism (walking while sleeping), night terrors (screaming, intense fear especially in children), frequent nightmares, bruxism (grinding of teeth).
- **Sleep apnea:** it is the cessation of breathing for a few seconds or minutes while sleeping. This can cause fatigue, headaches or heart risks.
- **Restless legs syndrome:** it is the irresistible urge to move the legs while resting, especially in the evening, which often prevents you from sleeping.

### **3-Possible causes of sleep disorders**

We have among others:

- Stress and anxiety
- Bad habits (having coffee in the evening, watching until late hours, etc.)
- The noisy, too hot or uncomfortable environment
- Chronic illnesses (pain, asthma, etc.)
- Medication or alcohol

### **4-Some tips for sleeping well**

To sleep well, you must:

- Go to bed and wake up at regular times.
- Avoid caffeine, alcohol and screens before sleeping.
- Have a light dinner.
- Relax through reading, soft music, breathing...
- Keep the room dark and cool.

## **PART II: THE BRANCHES OF NATURAL HEALTH**

## **CHAPTER 4 : PHYTOTHERAPY AND AROMATHERAPY**

### **I-Phytotherapy**

#### **I-Definition**

Phytotherapy refers to medicine that uses plants and their extracts to relieve, prevent or treat health disorders. In other words, it is a therapeutic practice that adopts plants to prevent and cure diseases.

#### **2-Objective of herbal medicine**

It consists of using different parts of the plant (leaves, flowers, roots, bark and seeds), in various forms including : infusions (herbal teas), decoctions, powders, capsules or tablets, essential oils, macerates and many others.

#### **3-The benefits of herbal medicine**

Herbal medicine is often used for common ailments such as : digestive disorders, insomnia, anxiety, fatigue, mild pain (osteoarthritis, headaches, etc.), immune support, etc. Thus, it is full of many benefits, namely :

##### **\*A natural medicine**

Phytotherapy is based on products from the plant world, which are generally less chemical and less aggressive for the body than synthetic molecules. For this purpose, it is appreciated by people who are looking for « gentler » alternatives to conventional medicine.

##### **\*Fewer side effects**

Properly used and dosed, most medicinal plants have a lower side effect profile than some medications. This may make it suitable for people who are sensitive to medications.

##### **\*Prevention as much as care**

Herbal medicine is not only used to treat diseases : it is also used to prevent certain disorders, in this case strengthening immunity before winter.

##### **\*Wide scope of action**

There are plants for almost all minor disorders such as : digestion, sleep, stress, joints, blood circulation... Some are used as a complement in more serious illnesses, under medical infusion.

##### **\*Accessible and economical**

Many plants are available in pharmacies, herbalists or for personal cultivation. Their price is often lower than certain pharmaceutical treatments.

##### **\*Compatibility with other approaches**

Phytotherapy can be integrated into a global approach to health (balanced diet, relaxation, physical activity, etc.). We then speak of integrative medicine.

##### **\*Respect for tradition**

Phytotherapy has been used for thousands of years in all cultures around the world: traditional Chinese medicine, Indian Ayurvedic, African, European medicine, etc. It promotes this ancient knowledge.

#### **\*Possibility of acting gently over time**

For mild chronic disorders or minor imbalances, herbal medicine can provide a progressive and lasting effect, without rushing the body.

#### **4-The disadvantages and risks of herbal medicine**

The benefits of this practice do not exclude caution, because certain plants are toxic in high doses, others interact with medications and herbal medicine does not replace essential medical treatment for serious illnesses. Here are its disadvantages:

##### **\*Not always safe**

Just because it's « natural » doesn't mean it's risk-free. As we mentioned above, certain plants are toxic if they are poorly chosen, poorly prepared or poorly dosed. For example, we have digitalis which can cause serious heart problems and belladonna which is toxic in low doses.

##### **\*Possible side effects**

Even common herbs can cause side effects. This is the case with allergies to chamomile in this case in sensitive people, certain laxative plants can irritate the intestines, hence digestive problems.

##### **\*Drug interactions**

Some plants interfere with medications and can increase or decrease their effect, like ginkgo which can increase the risk of bleeding with anticoagulants. This is why it is necessary to inform the doctor if you use plants at the same time as you are undergoing medical treatment.

##### **\*Variable effectiveness**

Phytotherapy is less powerful and slower than certain synthetic medications, especially during serious or acute illnesses, since it does not replace antibiotics in severe infections.

##### **\*Quality and composition not always reliable**

Supplements

Plant-based foods sold on the internet or in certain stores are not always well controlled. In this case, there may be risks of contamination, inaccurate dosages, fraud, etc., among other things.

##### **\*Not suitable for everyone**

Certain people (pregnant women, breastfeeding women, children, elderly people, people with chronic illnesses) must avoid certain plants. This is the case with licorice which can sometimes increase blood pressure.

##### **\*Requires knowledge or support**

Choosing the right amount, correctly combining the plants requires a certain minimum of knowledge or the advice of a professional. Excessive self-medication in herbal medicine can be risky.

### **\*Not a miracle solution**

Phytotherapy does not cure everything and should not delay or replace a medical diagnosis and appropriate treatment if necessary. It is valuable when used well, but it is neither offensive nor universal. It must therefore be ideally integrated into a global health approach, with caution and informed advice.

### **5-Some common plants in herbal medicine and their benefits**

For digestion

We can cite :

- Peppermint which soothes bloating, nausea, intestinal spasms.
- German chamomile relieves stomach pain and digestive inflammation.
- Rosemary fights against liver and fat digestion.

For sleep and relaxation

We have among other things :

These plants are consumed in the form of herbal teas, capsules, powders, essential oils or sometimes externally. You must always respect the recommended dosages and seek medical advice in the event of treatment (pregnancy or chronic illness).

## **II-Aromatherapy**

### **1-Definition**

Aromatherapy refers to a therapeutic practice that uses essential oils derived from plants to ensure physical, emotional and mental health. In other words, it is a natural treatment method that uses essential oils to promote physical, emotional and psychological healing.

### **2-The benefits of aromatherapy**

Essential oils contain chemical and natural molecules (esters, alcohols, phenols, terpenes, etc.), which have various actions : antiseptic, anti-inflammatory, calming, toning, etc.

The benefits of this therapeutic practice are :

#### **\*Natural and plant-based**

Essential oils are extracted directly from plants (flowers, leaves, roots, bark, etc.). They contain 100% natural active ingredients without chemical synthesis. This makes it an alternative for those who want to limit conventional medications.

#### **\*Global action on body and mind**

Many essential oils act both physically and mentally. This is the case of lavender which can soothe mild pain and reduce stress. Aromatherapy is therefore necessary in a holistic approach to well-being.

#### **\*Versatility**

Each oil has several purposes including : antiseptic, anti-inflammatory, antispasmodic, calming, stimulating etc.

#### **\*Quick effect**

When diffused, inhaled or applied to the skin, oils act quickly because their molecules are volatile and easily penetrate the body.

#### **\*Complementary to other treatments**

Aromatherapy can accompany medical treatment to enhance effectiveness or improve patient comfort. It does not always replace medication, but can help reduce the dose or side effects.

#### **\*Relief from many common disorders**

It is particularly useful for frequent ailments such as :

- Sleep disorder and anxiety
- Muscle and joint pain
- Respiratory problems
- Digestive disorders
- Skin care

#### **\*Easy to use**

Once you know the precautions, it is easy to use oils at home in diffusion, massage or bath. There are also ready-made mixtures available in pharmacies.

#### **\*Economic in the long term**

A few drops are enough, so a small bottle can last a long time. Investing in a few base oils can cover a lot of needs.

### **3-The harms of aromatherapy**

The aforementioned benefits are real, but should always be accompanied by caution. Thus the limits and disadvantages of... are :

#### **\*Potency and toxicity**

Essential oils are very concentrated in active molecules. For this purpose, if they are used incorrectly (overdose, pure application to the skin, etc.), they can cause burns, redness, allergies, irritation of the respiratory tract if poorly distributed and many others.

#### **\*Important contraindications**

Many oils are prohibited for :

- Pregnant and breastfeeding women
- Babies and young children

- People with epilepsy, asthma, allergies or certain illnesses.

#### **\*Not a miracle solution**

Aromatherapy is complementary, it does not replace essential medical treatment. It does not cure all diseases and its effectiveness varies depending on the pathology.

#### **\*Risk of allergy**

Some oils can trigger allergic reactions in sensitive people.

#### **\*Lack of training for the general public**

Many people underestimate precautions and use oils by feeling, which can be dangerous. The need to control doses, methods of use as well as incompatibilities is a constraint.

#### **\*Variable quality of products**

The essential oils market is poorly regulated in certain countries. This is the reason why there are falsified, poorly labeled and poor quality products. You must therefore always buy quality, certified and pure oils.

\*Sometimes unpleasant odor

Some oils have very strong or disturbing odors, which can be annoying during use.

#### **\*Initial cost**

Essential oils are sometimes very expensive, especially those that come from rare plants.

### **4-Some common essential oils and their use**

#### **▪ Tea tree**

Uses: powerful antiseptic, antibacterial, treats acne spots, fungal infections, infected wounds, strengthens immunity

Precaution: Well tolerated, but always test on the skin.

#### **▪ Peppermint**

Uses: Refreshing, tonic, relieves headaches, promotes digestion, fights nausea.

Precaution: Not recommended for children under six years old, pregnant and breastfeeding women.

#### **▪ Radiated eucalyptus**

Disinfects the air in diffusion.

Precaution: Softer than eucalyptus globulus, better tolerated in children.

#### **▪ Lemon**

Uses: Tones the air, purifies the body, facilitates digestion, detoxifies, cleanses oily skin.

Precaution: Photosensitizing (do not expose yourself to the sun after application).

- Rosemary with cineole

Uses: General stimulant, against fatigue, decongests the respiratory tract, promotes concentration.

Precaution: Avoid in children and pregnant women.

## **CHAPTER 5 : HOMEOPATHY AND ENERGY MEDICINE**

### **I-Homeopathy**

#### **I-Definition**

Homeopathy is a therapeutic treatment that uses plant, mineral or animal remedies to cure illnesses by stimulating the body's natural defenses.

#### **2-The principles of homeopathy**

Homeopathy is a so-called « gentle » or « alternative » medicine, which was founded at the beginning of the 19th century by Samuel Hahnemann. It is based on three principles in particular :

- The principle of similarity

« Like heals like »

According to this principle, a substance which causes symptoms in a healthy person can, at very low doses, treat these same symptoms in a sick person.

- Infinitesimal dilution

Substances used in homeopathy are highly diluted, to the point that no molecules of the original substance remain. The idea is that the more diluted a substance is, the more effective it would be, which goes against conventional medicine.

- Dynamization

After each dilution, the solution is shaken vigorously. This step would be supposed to « energize » the preparation and give it therapeutic effectiveness.

#### **3-What does science say about... ?**

The scientific community believes that homeopathy has no proven effectiveness beyond the placebo effect (the improvement of the state of health not thanks to a real pharmacological action of the remedy, but because it believes that this remedy will cure it). Numerous studies have shown that homeopathic remedies have no more effect than a placebo (inactive substance). However, some patients report feeling well-being, which may be linked to the placebo effect or to natural improvement.

#### **4-The scope of homeopathy in human life**

The positive impact of homeopathy in human life can be analyzed at several levels : medical, psychological, cultural and social. Although its scientific effectiveness is questioned, it has a real impact on perception care, the relationship with the body, as well as the health choices of millions of people around the world. So, its values are :

- A gentle alternative to relieve minor ailments : homeopathy is often chosen to treat benign disorders (colds, stress, mild pain, allergies, insomnia, etc.). It offers a reassuring and non-invasive approach, ideal for people who fear the effects of chemical medications.

- **Person-centered medicine** : unlike classical medicine which focuses on the symptom, homeopathy focuses on the whole individual (physical, mental, emotional state, lifestyle and personal history). This gives the patient an active place in their own healing, strengthening the mind-body connection.
- **Psychological and emotional support** : homeopathy has a strong psychological impact, because it allows certain patients to feel listened to, understood and respected. It reinforces the placebo effect which is sometimes sufficient to improve a state of health. It can therefore play an important role in emotional well-being, especially in cases of stress, anxiety, grief, etc.
- **A complementary tool to modern medicine** : Many people associate homeopathy with traditional medicine, which gives rise to integrative medicine. Homeopathy supports healing without interfering with heavy treatments (chemotherapy, antibiotics, etc.). It helps support the body during or after medical treatment. It then plays a role in « supporting » the immune or nervous system, in a holistic vision of health.
- **A cultural and philosophical choice** : homeopathy embodies a more natural and gentle vision of care, more respectful of the rhythms of the body, more human in the caregiver-caretaker relationship. It reflects a growing need for a return to alternative medicine, particularly in modern societies where medicine is perceived as impersonal.

## **5-The limits of homeopathy**

Its misdeeds are :

- Homeopathy should never replace essential medical treatment.
- It is not recommended for emergencies, serious infections or unmonitored chronic illnesses.
- Solid scientific evidence is lacking, which hampers its acceptance in official health systems.

## **II-Energy medicine**

### **1-Definition**

Energy medicine refers to a set of therapeutic practices which start from the principle that the human body is crossed and surrounded by a field of energy and that health depends on the harmony and good circulation of this energy. In other words, it is a mode of treatment which consists of restoring the body's energy balance to promote physical, emotional and mental health.

### **2-The fundamental principles of energy medicine**

Energy medicine is based on the idea that blockages, imbalances or energy disturbances can manifest themselves through physical, emotional or psychological symptoms and that restoring energy flow promotes the body's natural self-healing. Thus, its principles are the following :

- **Energy field theories** : the body is perceived as a living energy system in living interaction with its environment.
- **Energy balance** : health is a dynamic balance between physical, mental and emotional energy.
- **Restoring balance** : energy medicine techniques aim to restore balance to promote health.

### **3-Forms of energy medicine**

There are many forms of energy medicine that vary across cultures, traditions as well as modern approaches. They can be grouped into three large families, namely: traditional, manual/sensitive and technological or vibratory.

#### ▪ Traditional approaches

They come from ancient medical systems which integrate the idea of a vital energy flow. This form is made up of:

- Traditional Chinese medicine: acupuncture, acupressure, moxibustion, Qi Gong, Tai Chi.
- Indian Ayurvedic medicine: it works on the chakra, energy massages based on oils, pranayama (conscious breathing).
- Shamanic practices: ritual treatments, drumming, chanting, fumigations to rebalance energy.

#### ▪ Manual and sensitive approaches

They use physical contact or the proximity of the hands to perceive and modulate energy fields. They are therefore full of:

- Reiki (Japan): transmission of energy by laying on of hands.
- Magnetism: channeling and direction of vital energy by the practitioner.
- Therapeutic touch: work on the energy field without direct contact.
- Polarity method: harmonization of the body's energy flows.

#### ▪ Technological or vibrational approaches

They are based on the use of frequencies, vibrations or physical stimulations to influence bodily energy. We find it in this form:

- Sound therapy: Tibetan bowls, tuning forks, vibrational music therapy.
- Light therapy: use of light to rebalance biological rhythms and mood.
- Energy biofeedback devices: sensors measuring certain body reactions to help regulate stress
- Gentle electromagnetic stimulation (micro-currents, pulsed fields)

The diversity is such that there is no consensus on the exact list of energy practices: some are recognized by the WHO as traditional medicine, others still fall within the alternative sphere.

### **4-The advantages of energy medicine**

The scope of energy medicine is measured on several levels: physical, psychological, emotional and sometimes spiritual, depending on the way in which it is used and the setting in which it is practiced. From a global perspective, it can play the following roles:

- Preventive: by maintaining an energetic balance, it would seek to strengthen general vitality and reduce susceptibility to stress or illness.

- **Complementary to conventional medicine**: in certain hospitals or care centers, techniques such as acupuncture, Reiki or energy relaxation are accompanied by heavy treatments (cancer, chronic pain, convalescence). The goal is not to replace medical care, but to support recovery, reduce stress and improve the patient's well-being.
- **Emotional and psychological**: It can help ease tensions, release certain blocked emotions, ensure better stress management and promote a more stable state of mind.
- **Relational and spiritual**: for those who integrate a spiritual dimension into their health, energy medicine can encourage the strengthening of connection to oneself, to others or to a higher force. It can also be a space of reconciliation between the body and its feelings.
- **Cultural and symbolic**: it plays a role in the preservation and transmission of traditional knowledge, contributing to the diversity of care practices around the world.

## 5-The limits of energy medicine

Criticisms of energy medicine relate to its foundations, its scientific validation and its sometimes abusive use.

### ▪Scientifically

Most forms of energy medicine lack solid experimental evidence that demonstrates the measurable existence of the « energy field » or direct effects on disease. Some studies show positive results, however they are often limited in size or difficult to replicate. Thus, the observed effects can sometimes be attributed to the placebo, to relaxation or to the caring relational framework of the treatment rather than to an objective energetic action.

### ▪Risk of confusion or delay in processing

The main danger is when practitioners or patients completely replace conventional medicine with energetic approaches, especially in cases of serious illness (cancer, severe infections, heart problems). This substitution can lead to a delay in diagnosis or treatment, with serious consequences.

### ▪Heterogeneity and lack of regulation

In many countries, the practice is not legally regulated, this opens doors to competent practitioners, but also to poorly trained people or charlatans. As the vocabulary and concepts vary, it is difficult to establish standards or uniform quality of care.

### ▪Suggestive interpretations of the results

The improvements experienced can vary greatly from one person to another. Effects are often measured using subjective criteria, which complicates their scientific evaluation.

### ▪Philosophical and medicinal criteria

Some doctors consider that talking about « energy rebalancing » without a clear definition of the mechanism maintains a mystical and unverifiable vision of health. For purely materialist approaches, this language is seen as symbolic rather than factual.

The limits of energy medicine do not make it useless, they simply show that it is safer and more relevant when it is used in addition to reliable medical monitoring, with a trained practitioner and in a spirit of transparency with the patient.

## CHAPTER 6 : MEDITATION AND YOGA

### I-Meditation

#### I-Definition

Meditation is a mental and bodily practice which consists of focusing one's attention on one's breathing, a thought, an image or simply on the present moment in order to calm the mind, regulate emotions and develop self-awareness.

#### 2-Origin

Meditation is not necessarily linked to religion, although it has roots in spiritual traditions such as Buddhism, Hinduism or Taoism. Today, it is also used in secular contexts, in this case in psychology or medicine, to reduce stress, improve concentration and promote general well-being. We can therefore say that it is universal and plural : born from oriental spirituality, enriched by several traditions and currently become a tool for personal and therapeutic development.

#### 3-The main types of mediation

We distinguish :

- Mindfulness meditation

**Principle :** Observe your thoughts, sensations and emotions without judging them, remaining anchored in the present moment.

**Objective :** Reduce stress, improve concentration, develop mental clarity.

- Concentrative meditation

**Principle :** Focus all your attention on a single point (breathing, a mantra, a candle, a sound)

**Objective :** Stimulate the ability to concentrate and calm mental agitation.

- Transcendental meditation

**Principle :** Silently repeat a personal mantra to overcome the flow of thoughts.

**Objective :** To induce a deep state of relaxation and expansion of consciousness.

- Guided meditation

**Principle :** Follow the voice of an instructor who guides imagination or relaxation.

**Objective :** To facilitate access to a meditative state, especially for beginners.

- Meditation in movement (yoga, tai chi, qi gong)

**Principle :** Combine slow movement, breathing and conscious attention.

**Objective :** Harmonize body and mind, promote energetic fluidity.

- Contemplative meditation

**Principle:** Concentrate your mind on an idea, a philosophical question or a sacred text, and allow the reflections to emerge.

**Objective:** Deepen understanding, cultivate wisdom and introspection.

- Metta meditation (or kindness)

**Principle:** Mentally send thoughts of kindness and compassion towards oneself and others.

**Objective:** Develop empathy, reduce resentment and promote universal love.

#### **4-The benefits of meditation**

It offers physical, emotional, psychological and even relational benefits.

◦ Psychological benefits

- Reduction of stress and anxiety: it calms mental activity and helps to gain perspective.
- Improved concentration by training the mind to stay focused.
- Clarity and lucidity: better organization of ideas and more serene decision-making
- Prevention of mental exhaustion, particularly in people with high intellectual demands.

◦ Emotional benefits

- Emotion management: less reactivity to difficult situations.
- Development of patience and tolerance.
- Strengthening self-esteem and personal acceptance.
- Increased feeling of happiness and well-being.

◦ Physical benefits

- Lower blood pressure and improve circulation.
- Reduction of muscular tension and improvement of sleep.
- Support for the immune system through the reduction of chronic stress.
- Slowing down of cellular aging, observed in certain studies.

◦ Relational benefits

- Calmer and more composed communication
- More empathy and compassion towards others.
- Reduction of conflicts in personal and professional life.

#### **5-The disadvantages of meditation**

Meditation is generally beneficial, however it has limitations and some undesirable effects in certain situations, especially if it is poorly adapted or practiced without appropriate support.

#### ◦ Physical disadvantages

- Body discomfort: pain in the back, legs or knees if the posture is poorly adjusted.
- Headaches, sometimes linked to excessive tension or poor breathing.
- Fatigue or drowsiness, especially at the beginning when the body is not yet used to it.

#### ◦ Psychological risks

- Temporary increase in anxiety: some people, by refocusing on themselves, may initially feel more negative thoughts or worries.
- Resurfacing of intense emotions: painful memories or traumas may resurface, which can be disturbing without psychological support.
- Sense of isolation: meditation is used as an escape from the world, rather than as a tool for balance.

#### ◦ Limits and misunderstandings

- Not a miracle solution: it does not replace medical or psychological treatment if necessary.
- Frustration at first, some people give up because they expect an immediate result.
- Risk of excess: practicing for too long or without listening to oneself can lead to an imbalance, for example a detachment from daily reality.

## **II- Yoga**

### **1-Definition**

Yoga is an age-old discipline born in India, which combines physical postures, breathing techniques and sometimes breathing to harmonize the body, mind and spirit.

### **2-Objectives**

Originally, yoga was not just gentle gymnastics, but a spiritual path aimed at self-union and collective consciousness. Yoga is therefore above all a form of unification, because it seeks to connect the body, the mind, the soul, but also the individual to the cosmos. The postures we practice today are only a small part of this heritage, which also includes mastery of the senses, meditation, self-discipline and ethics of life.

### **3-The traditional trends of yoga**

These currents are:

- Hatha yoga: best known in the West, it is centered on postures and breathing to prepare for meditation.
- Raja Yoga: royal path which encompasses eight stages ranging from ethics to deep meditation.
- Bhakti Yoga: yoga of devotion focused on love and connection with the divine.

- Karma yoga : yoga of selfless action and service to others.
- Jnana yoga : yoga of knowledge based on philosophical reflection.
- Kundalini yoga : aims to awaken latent spiritual energy at the bottom of the spine.

#### 4-The benefits of yoga

The benefits of yoga affect both the body, the mind and for some even the spiritual dimension.

##### ◦ Physical benefits

- Increased flexibility : postures stretch the muscles and soften the joints
- Muscle strengthening : certain positions gently tone the body.
- Improved posture : yoga develops body awareness and reduces back or cervical tension.
- Better breathing : thanks to prānāyāma exercises, we learn to breathe deeply.
- Stimulated blood circulation : promotes tissue oxygenation and vital energy.

##### ◦ Mental and emotional benefits

- Stress reduction : yoga activates the parasympathetic nervous system which induces a state of relaxation.
- Improved concentration : focusing on breathing and movements strengthens attention.
- Emotion management : helps to better welcome and channel difficult emotions.
- Better quality sleep : by soothing the body and mind, it promotes falling asleep.

##### ◦ Spiritual benefits (according to tradition)

- Inner connection : develops self-awareness and a feeling of unity.
- Clarity of mind : helps calm scattered thoughts.
- Opening of consciousness : for those who practice from a spiritual perspective, yoga promotes a feeling of harmony with the world.

In summary, yoga acts as a “bridge” between physical well-being and inner peace, a bit like a complete recharge of body and mind.

#### 5-The disadvantages of yoga

Yoga is safe for the most part, but like any meditative practice, it carries some risks that you should be aware of to avoid unpleasant surprises.

##### ◦ On the physical level

- Possible injuries : poor alignment in certain postures can cause muscle, tendon or joint pain.
- Overload : practicing intensely or without rest can lead to excessive fatigue.

- Adaptation necessary: certain postures are not recommended for pregnant women, people with heart problems, back problems or high blood pressure.

- Mental and emotional risks

- Emotional unblocking effect: certain positions or breathing can awaken buried memories or emotions.

- Frustration: wanting to go too far or comparing yourself to others can lead to disappointment or discouragement.

- On a spiritual and philosophical level

- Cultural shift: certain practices include songs or rituals linked to Hinduism or Buddhism, which may surprise or not suit everyone.

- Unrealistic expectations: believing that yoga can solve all health or life problems can lead to disillusionment.

- Precautions for safe practice

- Start slowly and progress gradually.

- Practice under the guidance of a qualified instructor, especially at the beginning.

- Listen to your body: never force a posture.

- Adapt postures to your physical conditions and needs.

Ultimately, yoga is beneficial, but like any body art, caution and listening to yourself are the best insurance to reap all the benefits without risks.

### **PART III: PRACTICAL APPLICATIONS**

## **CHAPTER 7: DAILY ROUTINES FOR NATURAL HEALTH**

### **1-Definition of daily routine**

A daily routine refers to all the activities, habits or actions that we repeat almost every day, often at the same times to organize our day. In the context of natural health, it is a set of small, regular actions that aim to maintain the body, mind and overall balance, without necessarily resorting to chemical medications.

### **2-The characteristics of a daily routine for natural health**

It is based on:

- **Healthy eating:** eat balanced, natural meals rich in fruits, vegetables, fiber, water and limit excesses. (Sugar, fat, processed products).
- **Lifestyle:** sleep well, get up and go to bed at regular times, breathe deeply, practice relaxation.
- **Physical activity:** walking, stretching, yoga, tai chi or any gentle activity that stimulates circulation and strengthens the body.
- **Hydration:** drink lots of water, sometimes herbal teas (chamomile, mint, ginger, etc.)
- **Connection to nature:** take a moment to expose yourself to the sun, walk barefoot in the grass, breathe the fresh air.
- **Natural body care:** vegetable oil to moisturize the skin, steam baths, self-massage, use of essential oils or medicinal plants.
- **Emotional and mental health:** meditation, gratitude, writing, inspiring reading, positive contacts.

### **3-A daily routine based on the foundations of natural health**

Natural health is based on prevention, overall balance and listening to the body.

Here is a routine based on the foundations of natural health:

- **In the morning,** the routine begins with an internal hygiene gesture: drink a large glass of water, ideally lukewarm and lemony, to rehydrate the body and the digestive system. Then, a few deep breathing or meditation exercises allow you to refocus, while stretching or a few yoga postures wake up the body. Breakfast will be simple and natural (fresh fruit, whole grains, seeds or nuts), to give energy without weighing down the body.
- **During the day,** the emphasis is placed on a vibrant and balanced diet. Meals consist mainly of fruit vegetables, natural proteins (legumes, fish or eggs), and a little good fats (quality vegetable oils, avocado, nuts). Industrial drinks are replaced by pure water and herbal teas. Physical activity is integrated naturally: walking, taking the stairs, moving regularly. A break in nature, even if brief, is beneficial for recharging your batteries.

At the same time, natural health invites us to cultivate emotional and mental balance. This can involve keeping a gratitude journal, a few minutes of meditation, an artistic practice or simply breathing deeply to ease tension. These little rituals strengthen the connection between body and mind.

- **In the evening,** the routine turns to relaxation and regeneration. A soothing herbal tea prepares the body for sleep. Self-massage of the feet or shoulders with vegetable oil can help release tension. It is recommended to turn off

screens at least half an hour before bedtime and to focus on calm reading, prayer or meditation. Regular and restorative sleep is considered a true natural treatment.

Thus, the daily routine in natural health is based on four fundamental pillars: nourishing the body with healthy products, moving and breathing, cultivating inner serenity and respecting the natural rhythms of rest.

## CHAPTER 8: COMMON REMEDIES FOR NATURAL HEALTH

In natural health, we are talking about practices and remedies that aim to strengthen the body and prevent illness by relying on simple resources from nature.

### 1-The characteristics of common remedies for natural health

Natural remedies have specific traits that distinguish them from conventional medicine. They are therefore marked by :

- A natural origin : they generally come from plant, animal or mineral salt sources (plants, oils, clays, etc.). They are most often little processed, used in raw form or lightly prepared (infusions, decoctions, macerates and many others).
- Gentle and progressive action : they act slowly, but deeply. Their effectiveness is based on regularity and duration of use. These remedies seek more to rebalance the body than to quickly eliminate a symptom.
- Prevention above all : natural remedies are primarily used to strengthen immunity and prevent diseases. Example : garlic and turmeric regularly integrated into meals to prevent infections or inflammation.
- The holistic approach : they take into account the person as a whole (body, mind and soul). They help restore the natural balance rather than only targeting an isolated symptom.
- Fewer side effects : these remedies are generally better tolerated than certain chemical medications. However, some can be powerful and have contraindications, such as irritating essential oils.
- Accessible and economical : many natural remedies are found at home. Example : water, spices, local plants...their cost is low compared to pharmaceutical products.
- Ecological and cultural dimension : they are part of a logic of respect for nature and the transmission of traditional knowledge. They promote ancestral and local practices (traditional African, Ayurvedic, Chinese medicine.)

### 2-The most common remedies for natural health

There are several types of natural health remedies, among which we can cite :

#### ▫ Medicinal plants (phytotherapy)

Herbal teas and infusions : chamomile (digestion, sleep) ; mint (stomach, headaches) ; verbena (relaxation).

Essential oils : lavender (calming) ; eucalyptus (respiratory) ; tea tree (antiseptic).

Plant extract : ginseng (energy) ; ginger (digestion, blood circulation)

#### ▫ Natural food

Nutrient-rich foods : fresh fruits and vegetables, seeds, nuts, whole grains.

Superfoods : spirulina, moringa, honey, royal jelly.

Medicinal spices : garlic, turmeric, cloves.

#### ▫ Water and detox cures

Drink plenty of water to flush out toxins.

Natural juice cure (lemon, carrot, beetroot, etc.).

Hydrotherapy : baths, alternating hot/cold showers to stimulate immunity.

▫ Body – mind practices

Conscious breathing and meditation : stress management, emotional balance.

Yoga, tai chi, qi gong : flexibility, energy, harmony.

Relaxation and restful sleep : pillar of strengthening immunity.

▫ Remedies related to healthy living

Moderate exposure to sunlight stimulates vitamin D.

Regular physical activities, such as walking, dancing, running, etc.

Avoid excesses (alcohol, tobacco, sugar).

**NB** : These natural remedies are generally used for prevention or to accompany slight disorders. In case of chronic illness or serious symptoms, it is recommended to consult a doctor.

### **3-The contribution of natural remedies to human health**

Natural remedies bring many benefits to human health, however their role is specific. We can therefore cite among others :

- **Strengthening immunity** : plants, foods rich in nutrients and superfoods such as honey, ginger, garlic, etc. help the body resist infections and external attacks.
- **Rebalancing body and mind** : natural remedies often work on inner harmony. This is the case with calming plants such as chamomile and valerian, which fight against stress and sleep. The practice of yoga and meditation soothes the mind, because they allow you to find an overall rebalance.
- **Detoxification and regeneration** : water, juices and certain plants help eliminate toxins. This promotes the proper functioning of organs (kidneys, liver, skin).
- **Prevention of chronic diseases** : a natural diet rich in fruits, vegetables and medicinal spices reduces the risk of diabetes, hypertension and cardiovascular diseases. Natural remedies often slow aging thanks to antioxidants.
- **Improved daily well-being** : natural relief of minor aches (head, stomach, fatigue, etc.). Less reliance on chemical medications for minor ailments.
- **Cultural and spiritual dimensions** : they reconnect man to nature and his roots ; In many cultures (African, Asian, Native American), natural remedies carry a spiritual dimension in addition to the therapeutic effect.

Thus, natural remedies provide humans with health, prevention, well-being, balance and connection with nature. They do not always replace modern medicine, but they complement it and strengthen the body's ability to heal itself.

## **CHAPTER 9: ADVICE FOR A BALANCED LIFE**

### **I-DEFINITION**

A balanced life designates an existence in which the different important dimensions of your daily life (work, family, social relationships, health, finances, personal development, spirituality, etc.), are organized in a harmonious way, without one completely overwhelming the others. In other words, it is a life in which you feel fulfilled, aligned in control of your priorities, instead of experiencing stress or disorder.

### **II-Aspects of a balanced life**

The main aspects of a balanced life are :

- Physical and mental health requires eating well, sleeping enough, moving your body and taking care of your emotional well-being.
- Work or studies must be productive and motivating without it becoming intrusive.
- Social and family life, it is necessary to maintain healthy relationships ; take time with loved ones ; nurture connections that support you.
- Leisure and passion, you must give time to what gives you pleasure ; inspires and relaxes you.
- Personal and spiritual development: continue to learn, reflect, grow ; cultivate your values or your faith.
- Healthy finances : manage your money with confidence to avoid anxiety.

### **III-How to lead a balanced life ?**

Leading a balanced life is not a fixed destination, but a daily journey. This consists of taking concrete actions in the different areas of your life that are nourished without overwhelming you.

To achieve this, here is a simple and progressive method :

- List the essential areas for your life (health, work, study, finances, family, leisure, spirituality, etc.) ; rate your satisfaction out of 10 in each area ; identify those that are out of balance or neglected.
- Set realistic priorities : choose two or three key areas to improve as a priority ; ask yourself the following question : "what if I improve it will make my life more harmonious ? » ; avoid perfectionism, because you don't need to rearrange everything at once.
- Manage your time intentionally : plan your week by reserving slots for you, your family, work and your leisure activities. Focus on activities that have a positive impact on your well-being. Learn to say no to commitments that don't bring you anything.
- Take care of your body and mind through sufficient sleep, balanced diet, regular physical activity ; establish relaxation rituals (meditation, prayer, breathing, etc.). Avoid screen overload and carve out a few moments of silence.
- Nourish your relationships : you must maintain positive links with people who support you ; spend quality time with your loved ones ; stay away from toxic relationships.

6-Take time for what you are passionate about : for this, you need to find time for your hobbies (reading, writing, travel, volunteering, sport, music, etc.); consider these moments as unmissable appointments.

7-Reevaluate and adjust regularly : every month, take stock (what is going well ? What is out of balance ? Adjust your habits accordingly ; celebrate small progress to stay motivated.

So, a good balanced life does not require perfection in all areas of your life, but rather a rhythm where each area receives at least a little attention according to your current priorities.

## CONCLUSION

Natural health is a health approach that focuses on the use of natural methods and products to prevent and treat diseases as well as to promote general well-being. This form of health covers several branches that use different methods and approaches to ensure well-being among men. Among them, we can cite: phytotherapy, aromatherapy, energy medicine...Details concerning these are mentioned in this work, however there are others which we have not alluded to here, but which you may have the opportunity to find elsewhere. In a world where stress, a sedentary lifestyle and over consumption weaken our well-being, it is urgent to get back to basics. Our body and mind have an intelligence that just needs to be supported and not replaced. So adopting a natural health approach means making the conscious choice to listen their needs; to nourish your body with simple and healthy foods; to favor gentle practices (regular physical activities, restful sleep, stress management and natural remedies); and take care of your balance emotional and mental. To you who read this work, know that we have among our hands the power to act today, because every little decision counts: replace a sugary drink with water, walk a few minutes every day, choose seasonal fruits and vegetables, breathe deeply before start a task.

It is time to take action, don't put off your well-being until tomorrow. Commit now to: implement a new healthy habit every week, take time for your body and mind every day, inform you about natural practices adapted to your lifestyle. You must know that your health is your wealth. Choosing the prevention, vitality and harmony. Together let's make natural health a fashion of life and not an option.

"NATURAL HEALTH STIMULATES THE WELL-BEING  
OF THE BODY AND MIND."

*Écriture pour le progrès*

