

A close-up photograph of a green leaf with serrated edges. The leaf is the central focus, with its vibrant green color and fine texture clearly visible. The edges are jagged and have a slightly lighter, almost white, appearance. The background is a soft, out-of-focus green, creating a sense of depth. Overlaid on the lower-left portion of the leaf is the word "Heilfasten" in a clean, white, sans-serif font.

Heilfasten



## Das 1 x 1 des Heilfastens

Heilfasten, ein vielumworbenens Thema  
unkompliziert erklärt.

was genau ist Heilfasten?

warum fasten und was bringt es mir?

wie wende ich es an?

Fragen und Anmeldung

[info@naturarche.ch](mailto:info@naturarche.ch) oder 078 874 86 52

Freitag, 10. Mai 2019

19:30 - 21:00 Uhr  
am Rain 21 in 5000 Aarau

CHF 20.00 inkl. Handout

### **NATURHEILPRAXIS**

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