

WFWP Italy: Heal yourself with Herbs program in Rome

Elisabetta Nistri

March 5, 2016



“On 5 March 2016 we held a follow-up meeting entitled “Heal yourself with Herbs”, taking place in our Rome headquarters.

At this the occasion, Elisabetta Nistri presented the recent events of the WFWP and its future goals. She also invited everyone to the next events, especially a round table event on Peace.

Renzo Pellecchia, an expert herbalist, spoke to us about the properties of lemon and garlic, explaining all the ways in which we can use them and which illnesses and problems they can heal.

Through this event we had created constructive dialogue between each of the participants. We could come to learn how to listen and understand our bodies in order to aide the healing process of body and soul. We also learned how many illnesses can be healed by healing our souls, and the importance of a positive and proactive attitude, the first battle to be won being that in our minds!”

Reported by Elisabetta Nistri
WFWP Italy President