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## Lets Get Natural with Herbs

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By Debra Rayburn

Paperback. Book Condition: New. Paperback. 592 pages. A BOTANICAL MASTERPIECE THE MOST COMPLETE A TO Z REFERENCE GUIDE TO UTILIZING HERBS FOR HEALTH AND BEAUTY. THE HERBAL BIBLE EVERY REFERENCE LIBRARY SHOULD HAVE ON THEIR SHELF. A much needed comprehensive reference guide to ensure the safe and effective use of herbs and their preparations. Millions of people use vitamins or herbs along with prescription drugs and over the counter (OTC) medications. Find out which herbs and other nutritional supplements can help prescriptions work better or reduce adverse reactions. And which combinations are dangerous and should never be taken together. Great attention to detail for the professional herbalist as well as the novice. For anyone interested in learning about the many uses of healing plants. A welcome addition to the bookshelves of herbalists, plant enthusiasts and botanists. Separates fact from fiction concerning herbal medicine Information on more than 400 botanicals ranging from well-known herbs such as Chamomile and Ginseng to less familiar herbs such as Kava and Muirapuama. Botanical remedies that enhance the body's ability to heal itself. These safe, non-invasive therapies are proving to be more powerful than the often harmful drugs and surgeries that comprise the modern medicines...



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