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THE MIRACLE OF LEMONS: PRACTICAL TIPS FOR HEALTH, HOME AND BEAUTY



Watkins Media. Paperback. Book Condition: new. BRAND NEW, The Miracle of Lemons: Practical Tips for Health, Home and Beauty, Penny Stanway, Lemons have been hailed as a super-food, an effective natural remedy and an invaluable multi-purpose household cleanser and freshener. Dr Penny Stanway's well-researched and authoritative little book debunks the myths and reveals which health claims are backed by evidence-based research and which are not, whether lemons deserve their cult status as a panacea and just how much they can...

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- Authored by Penny Stanway
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