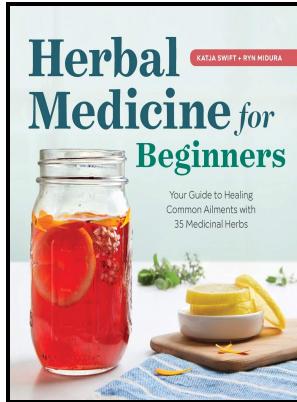


Help yourself - the beginners guide to natural medicine

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Notes: Includes bibliographical references (p. 112-117) and index.

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