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This guide describes how to use common wild plants to help treat injuries and backcountry maladies. This beautifully illustrated guide highlights over 80 familiar species of medicinally relevant, widespread trees, shrubs and wildflowers. The plants are sorted into categories based on the injuries/ailments they can help to alleviate. It also identifies the most commonly encountered noxious plants. This indispensable guide is an excellent source of essential information for hikers and campers of all ages.

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