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With 550 key herbs and their uses as natural remedies for nearly 200 common ailments, Encyclopedia of Herbal Medicine, 2nd Edition is the definitive home reference to healing with the world's oldest form of medicine. From ginger to lavender and thyme to dandelion, learn about the chemistry of plants and how and why they work as medicines within the body. Information on habitat and cultivation, parts used, active constituents, therapeutic properties, and traditional and current uses are described in a unique photographic plant index, and instructions on growing, harvesting, and processing your own home treatments are detailed. With its jargon-free text, fantastic photography, and focus on safety, this guide enables ease of understanding no matter what your level of herbal expertise. Encyclopedia of Herbal Medicine, 2nd Edition is the ultimate reference for anyone interested in exploring the healing benefits of plants and who wants to take control of their health with alternative natural treatments. Now updated to reflect the latest research.

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