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Herbs for Health and Healing (Paperback)

By Nicolette Goff

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Language: English . Brand New Book ***** Print on Demand

*****.In this introductory book, Herbs for Health and Healing,

you ll find a short background of historical herbal lore, the

benefits of using medicinal herbs, how to grow and prepare

your own herbal remedies, and much more. DISCOVER: How

all cultures have relied on herbal remedies for centuries to

treat disease, enhance health and enliven the body. The most

common ailments where time-tested herbal remedies can be a

healthy and effective option Advantages and risks of herbal

remedies - both sides of the equation A complete description of

21 familiar herbs you can grow at home, their healing

properties, the best way to prepare them, and the ailments

they can alleviate. Detailed directions to prepare different types

of herbal remedies for optimum potency and benefit Why rely

solely on artificial drugs when Mother Nature has given us all-

natural, economical and safer alternatives? This book will lead

you on your journey to growing and using herbs for enhancing

your health and healing.



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This book is fantastic. It really is packed with wisdom and knowledge I am pleased to explain how this is the greatest ebook i actually have go through in my personal daily life and can be he greatest ebook for at any time.

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