

The New Healing Herbs

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Reviews

This is actually the best ebook we have read till now. Indeed, it can be enjoy, nevertheless an interesting and amazing literature. You will not feel monotony at whenever you want of the time (that's what catalogs are for regarding should you question me). (Jamar Stracke)

THE NEW HEALING HERBS



Bantam Doubleday Dell Publishing Group Inc, United States, 2004. Paperback. Book Condition: New. Revised ed.. 175 x 107 mm. Language: English . Brand New Book. Discover how to get the most from nature?s oldest remedies In this revised edition, The New Healing Herbs provides up-to-date profiles of 100 of the most widely used medicinal plants, detailing the therapeutic benefits and healing properties of each of these amazing natural cures. Inside you?ll find: ? Valuable advice for buying, storing, and preparing herbal remedies ? Clear, concise dosage instructions and safe-usage guidelines ? A comprehensive cure-finder chart with treatments for more than 100 common conditions--Ginkgo to improve and even reverse symptoms of macular degeneration.Cinnamon to treat cuts and scrapes.Marshmallow to boost immunity.St. John?s wort to speed healing.Coffee for weight loss.Ginger for colds.Apples as a source of first aid.And much more!.

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