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## Herbs for Health and Healing

By Nicolette Goff

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. 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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