

The Everything Guide To Herbal Remedies - Martha Schindler Connors

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Beat the blues with St. John's Wort. Improve your memory with ginseng. Calm down with chamomile. People have used herbs and other plants for thousands of years to improve health and vitality. This practical guide reveals the timeless healing power of the best herbs and natural remedies available today. You learn how to strengthen immunity, ease hormonal mood swings, and treat such common ailments and conditions as: Aches and pains Allergies Psychological and emotional issues Digestion problems With this guide, you have the information you need to enjoy a happier, healthier life! Author: Schindler Connors, Martha Publisher: Adams Media Illustration: N Language: ENG Title: The Everything Guide to Herbal Remedies Pages: 00304 (Encrypted PDF) On Sale: 2010-09-30 SKU-13/ISBN: 9781598699883 Category: Health & Fitness : General

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