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Homemade Herbal Medicine: Your Essential Guide to Herbs DIY Remedies for Health Healing

By Carmen Reeves

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Homemade Herbal Medicine Interested in using plants and herbal healing? Learn the basics of herbalism today! Herbs are miraculous saviors for a long list of issues you can easily handle at home: colds and flus, inflammation, even health maladies as complex as gut health and adrenal fatigue. But do herbs really work? Can they really help you feel empowered, and take control over at least some of your health? The resounding answer you will find in this book: Yes! Depending on the culture, country, or region, there are hundreds of traditions of herbal practice that existed long before the advent of modern-day medicine. In fact, while conventional medicine may seem like the more dominant form of healing, the World Health Organization marks traditional and herbal medicine the most prevalent form of healing in the world. In the pages ahead, you will find all the basics-and ultimately the TRUTH-of today's front-line herbal remedies, supported by a combination of ancient knowledge and modern research. Learn how to harvest, store, and make herbal preparations; use a reference...



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