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Penelope Ody's guide is essential for natural healthy enthusiasts

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and herbalists. All the parts of the plants that can be used medicinally are shown, from fresh flower petals or leaves to the root, bark, and juice. Each entry details the plant's chemical constituents, its actions, and its therapeutic applications—from exotic ma huang, used ...

The Complete Medicinal Herbal: A Practical Guide to the

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The Encyclopedia of Medicinal Plants is a better choice as a reference manual, due to its comprehensiveness, habitat information, cautions, and cross references, while The Complete Illustrated Holistic Herbal is stronger on explaining the physiology and the role of herbs in general holistic health. Valerie Vaughan, Hatfield P.L., Mass.

The Complete Illustrated Guide to Holistic Herbal: A Safe

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A household necessity, COMPLETE GUIDE TO HERBS & SPICES offers everything you need to know about how herbs and spices can enhance your cooking and improve your life. Learn to use lavender to soothe headaches, plant your own mint for a refreshing addition to any tea, or whip up a batch of Dutch cinnamon cookies.

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The Complete Guide to Natural Healing: Editorial Advisory ...

The Green Witch Herbal: Your Complete Guide to Discovering Wiccan Herbal Magic and How to Use Herbs in Contemporary Witchcraft., ISBN 1701708922, ISBN-13 9781701708921, Brand New, Free shipping

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Dr. Lynda White) and a wealth of healthcare related advice, I found The Complete Herbal Guide's community to be a home for both my queries and ideas. I humbly recommend you check them out and find for yourself a perfect alternative health-related guide.

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A Complete Guide to Home Herbalism. ... How to make herbal preparations (over 14 different ways to prepare herbs along with videos, PDF printables, and recipes) How to know which preparations are best to use for any given situation. Dosing charts for adults and children that will keep you safe.

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Herbal remedies, having themselves assimilated these necessary mineral substances from the earth, can pass them on to us in organised form, that is, the form in which iron, calcium, sulphur, phosphorus and so on are organically present in our tissues, and the only

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