

Healing Herbs A to Z: A Handy Reference to Healing Plants

Diane Stein



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Healing Herbs A to Z: A Handy Reference to Healing Plants Diane Stein An alphabetical quick reference to 200 medicinal plants, their special healing attributes, most effective applications, potential side effects, and contraindications.

The popularity of commercially available herbal remedies as adjuncts to conventional medicines has made it easier than ever to turn to medicinal herbs. Stein shares her extensive knowledge and experience with healing botanicals in this quick reference. Each entry includes an accessible and detailed resume of each plant's specific healing properties.

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