



The Practical Herbal Medicine Handbook: Your Quick Reference Guide to Healing Herbs & Remedies

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- Treat common ailments such as headaches, bruises, and leg cramps with more than 100 everyday herbal remedies
- Learn step-by-step techniques for buying, making, and growing herbal medicine
- Discover the 44 most common and effective healing herbs with the A-Z apothecary
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The Practical Herbal Medicine Handbook provides a natural path to feeling better and improving your overall sense of wellness.

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