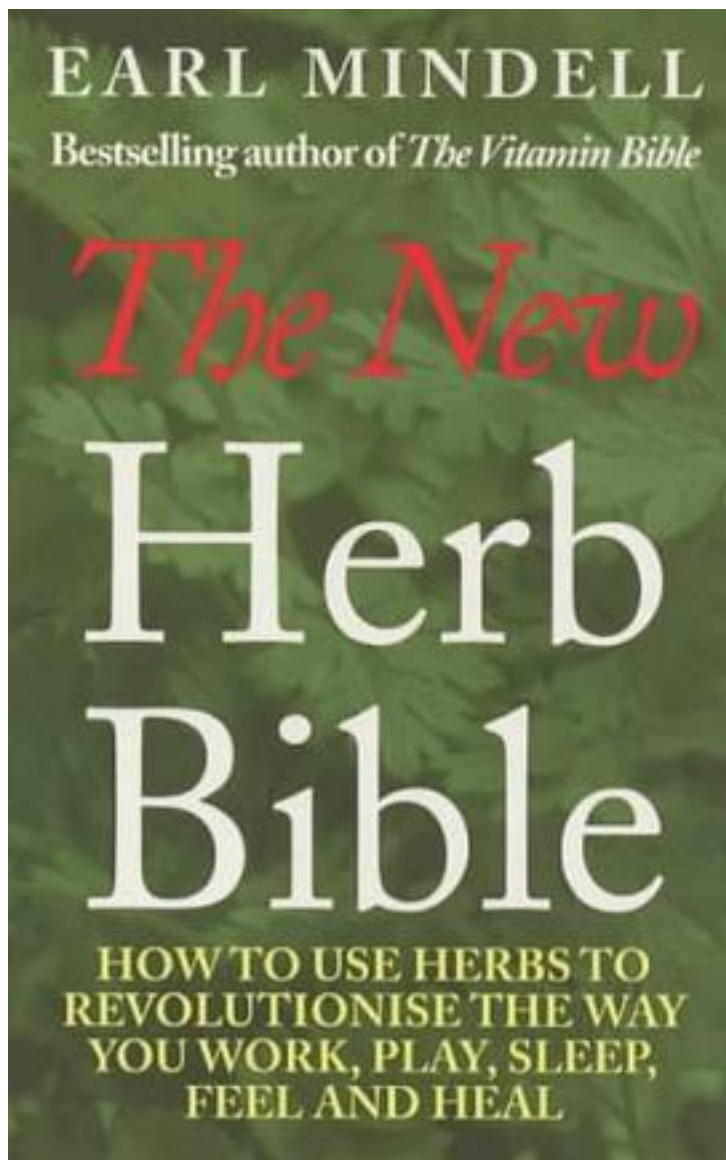


The New Herb Bible



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A revised edition, carrying updated and easy-to-use information on herbs, including a major new section on those that can help prevent the effects of ageing. There are also sections on gender-related problems, herbal beauty tips, and how to use aromatherapy oils for healing.

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