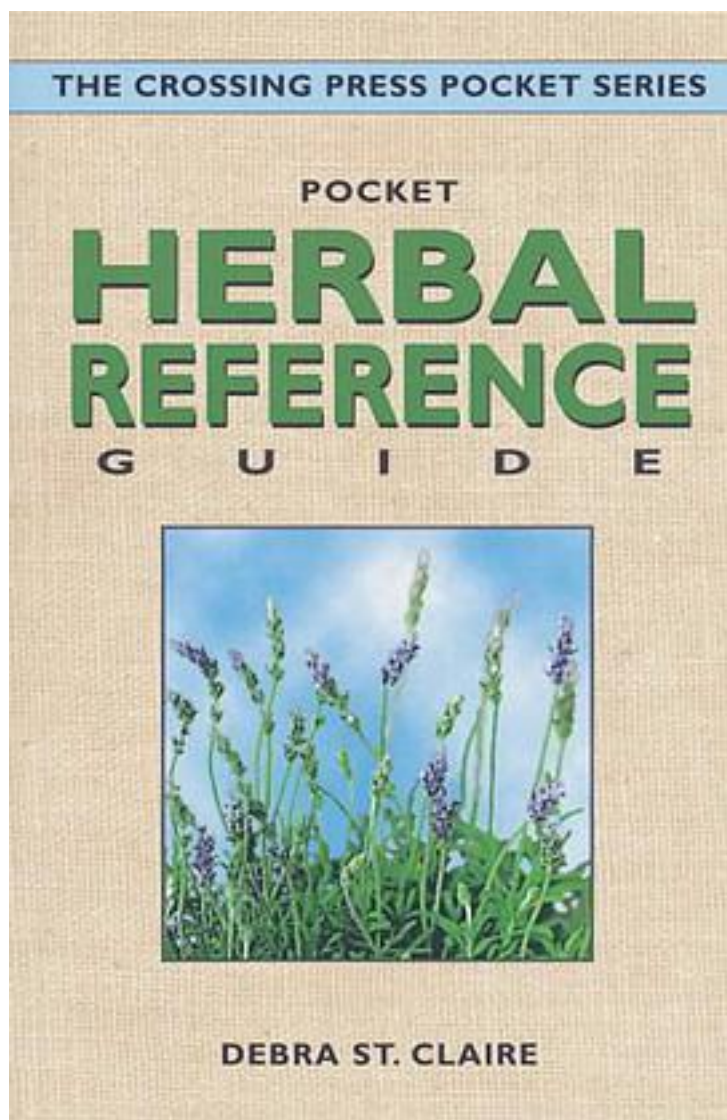


Pocket Herbal Reference Guide



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The medicinal use of plants is our oldest form of healing. POCKET HERBAL REFERENCE GUIDE describes the appropriate use of herbs in an easily referenced format, including: The therapeutic use of over 140 medicinal plants. Natural remedies for over 100 common health problems. Description of the various forms of herbal preparations and their uses. How to make poultices, packs, plasters, steams, etc.

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