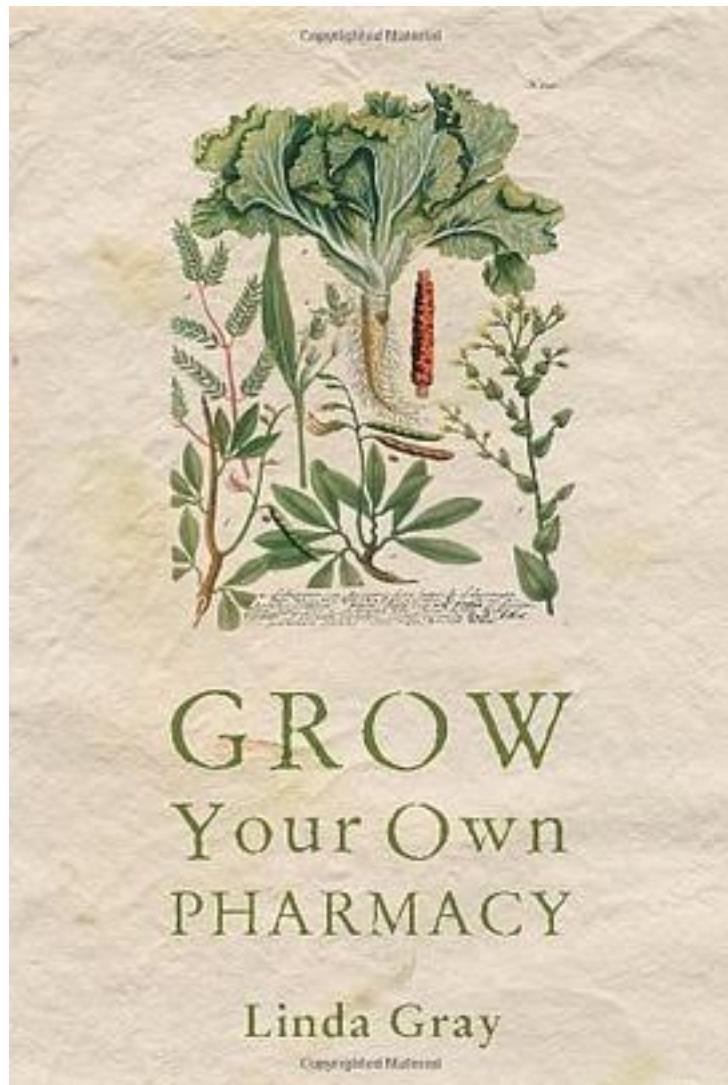


Grow Your Own Pharmacy



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Building on the concept that the natural environment provides everything necessary to produce the vitamins and minerals for healthy bodies, minds, and souls, this book gives readers detailed instructions to determine what they personally need, and information for both growing and using those items. Recommended daily vitamins are listed, with a chart showing, at a glance, what foods are required to fill the daily need. Details on planning, planting, growing, and harvesting vegetables, herbs, and plants are provided, and additionally, recipes and meal ideas are included, along with an herbal tea checklist for alleviating symptoms of illness and lists of edible flowers with vitamin content. A valuable tool for guidance through the mountain of available health information, this guide helps to sort information for practical, everyday use.

作者介绍:

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