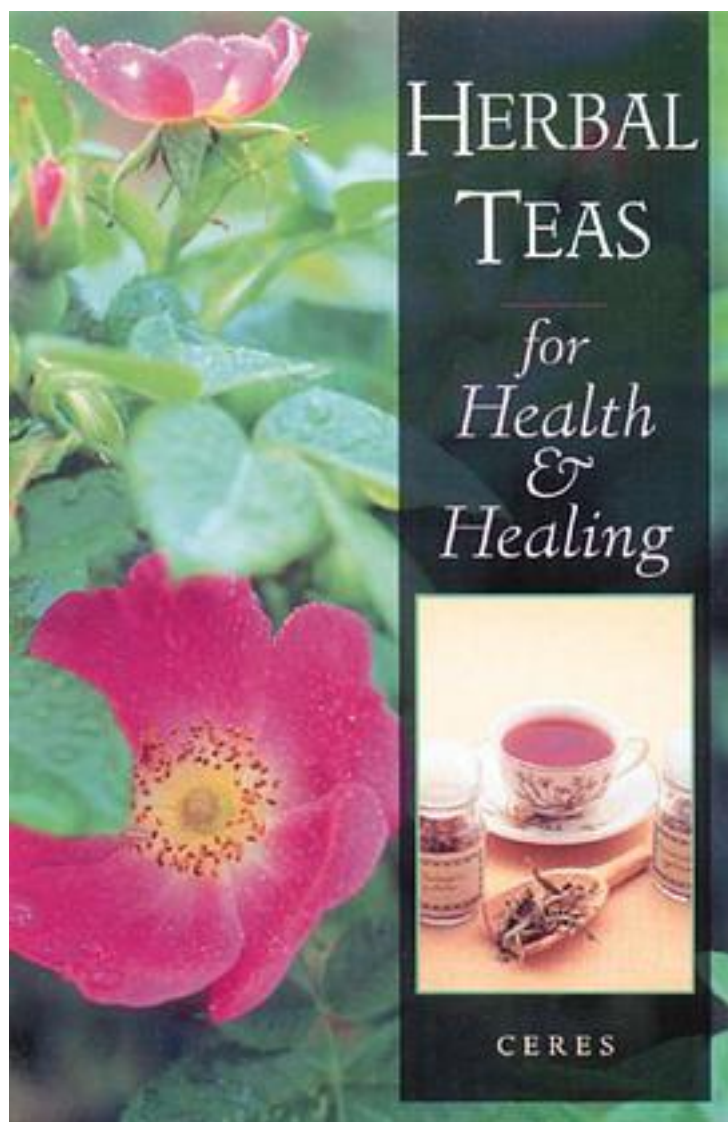


Herbal Teas for Health and Healing



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著者:Ceres

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Herbal teas have their own characteristic virtues. Some are slightly stimulating, others are soothing and induce quiet sleep or act as tranquilizers. Many are tonics that can bring an "out-of-gear" system back to complete health. The author describes a wide range of tea-making herbs and gives instructions for their preparation and use. New edition of the classic best-seller.

作者介绍:

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