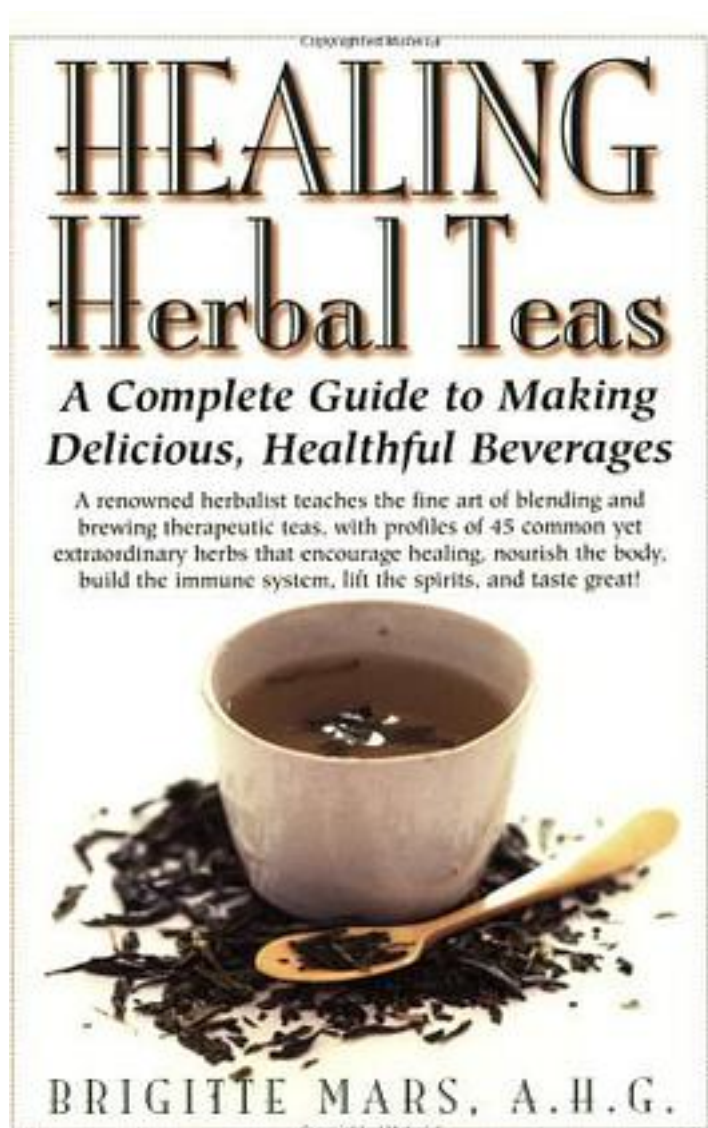


Healing Herbal Teas



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著者:Mars, Brigitte

出版者:Basic Health Pubns

出版时间:2006-2

装帧:Pap

isbn:9781591201106

In quick-study format, this book profiles 45 common herbs with extraordinary healing potential. Each profile outlines the herb's major constituents, physiological effects, traditional applications, contraindications, and flavor, as well as its growth habits both in the wild and in the garden.

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