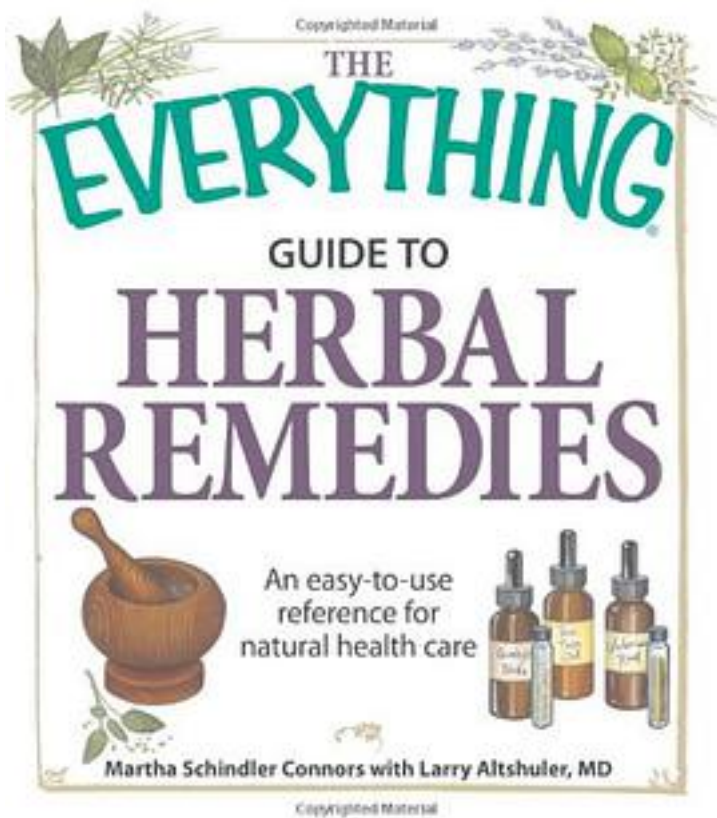


"Everything" Herbal Remedies Book



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"Everything Herbal Remedies" is a beginner's guide to herbal medicine. It has a rich and diverse history - it's been used by civilisations around the world for thousands of years - and is one of the building blocks of conventional Western medicine today. Author Martha Connor explains the background and practical usage of herbs and herbal preparations, as well as tips on buying herbs and herbal products. Readers will also learn how to use herbs and plants to strengthen immunity, ease hormonal mood

swings, and even create natural beauty products. With sections on the use of herbal medicines for women, children, and older adults, "Everything Herbal Remedies" readers will have all they need to decide on the right natural treatments for themselves and their families.

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