

The Woman's Book of Healing Herbs: The Ultimate Natural Healer for More Than 100 Female Health Concerns

Sari Harrar, Sara Altshul O'Donnell

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This comprehensive and accessible guide to nature's affordable pharmacy and organic beauty aids includes step-by-step instructions for making herbal remedies, tips on aromatherapy, a mini-encyclopedia of herbal prescriptions, and more. 250 color photos. 50 color illustrations.



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