



Herbal Remedies: An Introductory Guide to Herbs for Health and Well-Being

Vicki Pitman

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More and more people are turning to safe and gentle herbal remedies to maintain their well-being. Herbs are effective medicines, and herbal medicine uses a holistic approach to healing to encourage us to develop an understanding of our bodies and their weaknesses. Vicki Pitman clearly presents all the essential information on herbal remedies explaining what they are, how they work and how they can be used to treat common ailments.

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