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The New Healing Herbs (Paperback)

By Castleman Michael

Bantam Doubleday Dell Publishing Group Inc, United States, 2004. Paperback. Book Condition: New. Revised ed.. 175 x 107 mm. Language: English . Brand New Book. Discover how to get the most from nature's oldest remedies In this revised edition, The New Healing Herbs provides up-to-date profiles of 100 of the most widely used medicinal plants, detailing the therapeutic benefits and healing properties of each of these amazing natural cures. Inside you'll find: ? Valuable advice for buying, storing, and preparing herbal remedies ? Clear, concise dosage instructions and safe-usage guidelines ? A comprehensive cure-finder chart with treatments for more than 100 common conditions--Ginkgo to improve and even reverse symptoms of macular degeneration.Cinnamon to treat cuts and scrapes.Marshmallow to boost immunity.St. John's wort to speed healing.Coffee for weight loss.Ginger for colds.Apples as a source of first aid.And much more!.



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