Universitas Indonesia Library >> Buku Teks SO

The complete woman's herbal : a manual of healing herbs and nutrition for personal well-being and family care

McIntyre, Anne, author

Deskripsi Lengkap: https://lib.ui.ac.id/detail?id=9999920552055&lokasi=lokal

Abstrak

This manual for women gives an in-depth holistic approach to herbal treatments. Over 70 different herbs and their uses are described. A ready reference to diet, nutrition, essential oils, Bach Flower Remedies, and a chart for matching herbs with ailments are also included.