

Traditional Home and Herbal Remedies

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Abstrak

Some of the most frequently prescribed and powerful drugs are based on plant extracts, and an increasing number of people are beginning to rediscover the healing powers of roots and plants. Jan de Vries has researched as far back as the 12th century and has recorded the folk wisdom of various countries in this insightful volume. Also gathered here are insights taken from his travels in China and the Far East.