

Herbs & Arometherapy for the Reproductive System

Rose, Jeanne, author

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Abstrak

The first in Jeanne Rose Earth Medicine Books series, this practical guidebook treats male and female sexuality and reproduction with accuracy and intimacy. Rose's contention is that herbs are the best treatment for many sexual and reproductive conditions and don't have the side effects associated with drug therapies and synthetic hormone replacement. Demystifying the genital organs and their functioning, she discusses the use of simple herbal remedies integrated into good diet and lifestyle choices.