

Teach Yourself: Herbal Medicine

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Abstrak

Teach Yourself Herbal Medicine offers a comprehensive and practical introduction to this ancient healing art. Delve in and discover more about how herbal preparations can be used to restore the balance of the body, thus enabling it to mobilise its own healing powers. - Understand the chemistry and energy of herbs. - Discover herbal alternatives for the treatment of common ailments. - Use the guide to help you prepare a range of effective remedies. - Explore the reference section on Western herbs and their medicinal uses.