

Legendary Chinese Healing Herbs

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Abstrak

This is a collection of ancient herbal healing techniques which shows how to use the medicinal properties of over 100 herbs that are widely available at health food stores. It includes the scientific and familiar names for each herb with drawings, the ailments they cure plus symptoms, dosages and treatments. Also included are the tales, handed down by the Chinese for centuries, about the healing properties of herbs and the stories of how they were discovered and of the amazing cures.