

The Complete Illustrated Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies

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Abstrak

"Herbal medicine is enjoying a much deserved revival with more and more people turning to its safe, natural remedies which are free from harmful side-effects." "The most comprehensive and authoritative guide available, this herbal offers clear, step-by-step advice on the use of herbal medicine for the safe treatment of a wide range of complaints. Its unique holistic approach enables you to restore and maintain wellbeing by treating the body as a whole." "Beautifully illustrated with over three hundred full-color pictures, it covers treatment of a wide range of complaints and diseases, gathering herbs and preparing remedies, A-Z herbal featuring more than 200 herbs, and Clear explanations of the body's systems."