



Practical Herbal Medicine Handbook: Your Quick Reference Guide to Healing Herbs & Remedies

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Your personal guide to unlocking the natural healing power of herbs.

Put your health in your own hands with time-tested treatments. From the creators of the *New York Times* bestseller *Essential Oils for Beginners*, *The Practical Herbal Medicine Handbook* offers basic techniques and effective herbal treatments for everyday ailments, wellness, and beauty.

- Treat common ailments such as headaches, bruises, and leg cramps with more than 100 everyday herbal remedies
- Learn step-by-step techniques for buying, making, and growing herbal medicine
- Discover the 44 most common and effective healing herbs with the A-Z apothecary
- Reduce stress, soothe insomnia, and enhance your memory naturally with herbal remedies for your mental health and well-being

The Practical Herbal Medicine Handbook provides a natural path to feeling better and improving your overall sense of wellness.

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