



Healing Herbal Teas: A Complete Guide to Making Delicious, Healthful Beverages

Brigitte A.H.G. Mars

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In quick-study format, this book profiles 45 common herbs with extraordinary healing potential. Each profile outlines the herb's major constituents, physiological effects, traditional applications, contraindications, and flavor, as well as its growth habits both in the wild and in the garden.

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