



## Herbal Remedies For Dummies

By Christopher Hobbs

For Dummies. Paperback. Condition: New. 388 pages. Dimensions: 9.1in. x 7.4in. x 0.9in. People have been using herbs to fight disease and promote wellness since prehistoric times. In recent years, science has gotten into the act and amassed quite a respectable body of evidence to support what healers the world over have been saying for centuries herbal remedies work. Experiencing the heartbreak of psoriasis A little dandelion root can clear it up. Grandpas sciatica acting up again St. Johns Wort ought to put the spring back in his step. Got a bad case of poison ivy Stop the itch with echinacea. Ginger tames the morning sickness beast lavender and peppermint leaf also work well. Use licorice, chamomile, and wild yam root to pacify an irritable bowel. If youre one of the millions of people who feel let down by conventional health care, or whove experienced unpleasant or harmful side effects from modern medicines, Herbal Remedies For Dummies is a book youll want to have. Written by fourth-generation herbalist Christopher Hobbs, it gets you up to speed on what you need to know to: Choose safe and effective herbal products Treat scores of common ailments and conditions Find specific herbal remedies for women, men,...



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