



## The Woman's Book of Healing Herbs

*Sara Altshul O'Donnell, Sari Harrar, SARI HARRAR AND SARA ALTSHUL O'DONNELL*

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# The Woman's Book of Healing Herbs

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**The Woman's Book of Healing Herbs** Sara Altshul O'Donnell, Sari Harrar, SARI HARRAR AND SARA ALTSHUL ODONNELL

Herbal Medicine for Women Only!

In this elegantly illustrated book, top herbalists offer inside advice on how to use herbs to look and feel your best, relieve more than 125 common health problems, and strengthen your immunity against illness. You'll find:

- \* Step-by-step directions for making your own herbal medicines
- \* Dosage and recommendations for hot new herbs like black cohosh-- "nature's estrogen"-- and kava-kava, the popular anti-anxiety herb
- \* Special sections on aromatherapy, dream pillows, and herbs for rejuvenation and relaxation
- \* Herbal remedies for female-only problems like morning sickness and PMS, plus much more

This beautiful book also features:

- \* Lavishly illustrated profiles of 50 top healing herbs for women, from aloe to yellow dock
- \* Full-color photographs, including herbs in their native settings
- \* Recipes for medicinal teas, soups, formulas, and blends

*The Woman's Book of Healing Herbs* is perfect for women who are looking for simple ways to use medicinal herbs to treat everyday health problems, relieve stress, and beautify their skin, hair, and nails.

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Why don't make it to be your habit? Right now, try to ready your time to do the important act, like looking for your favorite guide and reading a reserve. Beside you can solve your condition; you can add your knowledge by the guide entitled The Woman's Book of Healing Herbs. Try to make the book The Woman's Book of Healing Herbs as your close friend. It means that it can for being your friend when you truly feel alone and beside regarding course make you smarter than before. Yeah, it is very fortunated to suit your needs. The book makes you more confidence because you can know almost everything by the book. So , we should make new experience in addition to knowledge with this book.

#### **David Saenz:**

The guide with title The Woman's Book of Healing Herbs has a lot of information that you can find out it. You can get a lot of advantage after read this book. This particular book exist new information the information that exist in this reserve represented the condition of the world right now. That is important to yo7u to know how the improvement of the world. This book will bring you inside new era of the syndication. You can read the e-book with your smart phone, so you can read it anywhere you want.

#### **Ronald Ruggles:**

A lot of people always spent their own free time to vacation or maybe go to the outside with them household or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity this is look different you can read a new book. It is really fun for you. If you enjoy the book that you just read you can spent the entire day to reading a e-book. The book The Woman's Book of Healing Herbs it is rather good to read. There are a lot of folks that recommended this book. We were holding enjoying reading this book. Should you did not have enough space to develop this book you can buy the particular e-book. You can m0ore effortlessly to read this book from a smart phone. The price is not to fund but this book offers high quality.

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