



Herbalism: Simple Remedies to Heal Your Body Inside and Out

Jamie Spencer

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The true health and medicinal properties of herbs are at their most potent when used in their natural, unprocessed state, just the way they are found in the wilderness. Herbalism – Simple Remedies to Heal Your Body Inside and Out focuses on the medicinal uses of natural herbs for common illnesses and overall well-being. You will learn about some of the most commonly found herbs, their uses, how to safely prepare them for consumption or external use and create your own herb garden. By incorporating more use of natural herbal solutions in your life, you will:

- Save more money from less frequent visits to the doctor or pharmacy,
- Safe yourself from the unpleasant side effects of drugs and
- Reduce the amount of chemicals you come in contact with when using hygiene products.

Generally, you can look forward to a pleasant and less chemically-saturated household environment, which will have an immense impact on your overall health.

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