



Heinerman's Encyclopedia of Healing Herbs & Spices

John Heinerman

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In the tradition of his other bestselling health guides, Heinerman's Encyclopedia of Healing Juices and Heinerman's New Encyclopedia of Fruits and Vegetables, renowned medical expert John Heinerman, Ph.D. now shows you how to harness the amazing healing power of common herbs and spices to reverse illness and restore vitality! From Agave for stomach problems and Allspice for toothaches to Yohimbine to rejuvenate your sex life and Yucca for arthritis relief, you'll discover hundreds of all-natural remedies for over 100 health conditions. Best of all, these herbs and spices are completely safe, effective, and readily available from your local grocer or health food store. In fact, you may find many of them in your kitchen cabinets right now. Plus, the Encyclopedia also includes scores of intriguing case histories that illustrate the many uses of these healers in a variety of cultures through the ages ... listings of herbs and spices and the conditions they offer relief from ... and step-by-step recommendations for using these natural remedies most effectively.

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