



Herbal Remedies: From Traditional Chinese Remedies To Modern Day Cures: Using Herbal Cures To Help Common Ailments

Francis Woodburn

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"Herbal Remedies: From Traditional Chinese Remedies To Modern Day Cures" is a guide that is focused on providing more than the basics on herbal remedies. It contains essential information you can trust, tried and tested by and everyday person. Find out remedies for the safe and effective treatment for a range of everyday ailments. These remedies were used by our ancestors and are still in use today. The use of herbal remedies is not a new phenomenon. These remedies were used way before the first set of lab produced drugs was made. If you were to check your research you would find that a lot of the chemically produced medications are made from herb extracts. In this handy guide you will find out why hemp is called a miracle plant, the does and don'ts of buying herbal supplements, Medicinal applications for Basil and so much more. Find out how you can in a simple way incorporate herbal remedies as part of your everyday wellness regime and the many advantages these remedies have.

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