



Medicinal Plants: The Healing Properties of Plants

Helen Mayhew

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How to prepare and use plants with scientifically proven properties.

This book has been written for everyone who wants to know the truth about the healing power of plants.

It deals solely with plants whose effectiveness has been scientifically proved. Amongst these are plants which had legendary powers in our great grandmother's day. Not all of these remedies were Old Wives Tales. And some of the remedies have gained more of a reputation for 'miracle' healing

Medical knowledge instead of popular belief, and scientifically proved remedies instead of doubtful 'cures', make this an indispensable handbook for all who want to enjoy the best health the natural way.

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