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# Herbal Remedies: The Complete Guide: Herb, Spices and Oils to Help Cure and Prevent Sickness and Illness. And add some Pep in Your Step Behind Closed Doors Also!

*Marie Wu*

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Herbal Remedies: The Complete Guide. Herb, Spices and Oils to Help Cure and Prevent Sickness and Illness. And add some Pep in Your Step Behind Closed Doors Also! Herbal remedies, also known as home remedies or natural medicine, is used for cures of various minor and major health issues like sleeping disorders, allergy issues, weight loss, and more. These remedies do not need any sort of prescription from a doctor and are not conventionally manufactured. The book is the complete guide to provide your insight into various herbal oils, spices and herbs used in creating the huge variety of herbal products that have medicinal value. Also with a complete Bonus chapter with information you can use right away and Now! Download this Bestseller Now!! Traveling back in time, we discuss an era when these herbal remedies were first introduced to how it evolved into a great source to cure oneself. It is very important to have a thorough knowledge of the ingredients of an herbal product before actually using it cure a particular disease. This guide is therefore useful to give you an idea about the various essential oils and herbs used in creating these products. Don't waste time, Learn this today! I would like to advise my readers to know about the different types of herbs that can be easily grown in your vegetable garden and can serve as great alternatives to the prescribed or the synthetic medicines. Did you know that one of the herbs that are available in your kitchen garden has great medicinal values? If you did not know, this guide is going to help you to know about all such plants and the bonus chapter will help you in “how to grow these herbs.” And a tiny sample of what you will find inside. Introduction to Herbs Various Types of Herbs and Spices How to Fight the Aging Process Destroy Acne Help you Deal with Diabetes High Blood Pressure And even Heart Disease And Get Great Hair Bonus Chapter on "How to grow your own Herbs" And, much, much more!

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