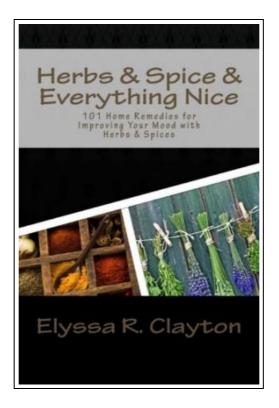
## Herbs and Spice and Everything Nice: 101 Home Remedies for Improving Your Mood with Herbs Spices (Paperback)



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# HERBS AND SPICE AND EVERYTHING NICE: 101 HOME REMEDIES FOR IMPROVING YOUR MOOD WITH HERBS SPICES (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. While there are many herbs and spices books out there, this book is unique. Herbs and Spice and Everything Nice focuses on the use of herbs and spices to improve Mental Health and offers over a hundred pages and over a hundred suggestions for helping create a more positive disposition through the basic use of these natural remedies. This one-of-a-kind manual provides something for everyone. The book spells out in easy to find reference form how herbs and spices can be used to increase happiness, energy levels, and sexual drive, as well as lower anxiety and improve your overall peace of mind. The many fun suggestions include ideas for room decor, baking recipes, medicinal remedies, bath soaks, and lotions -- just to name a few. Extra pages allow you to categorically include your own favorite ideas and recipes. A must have for Tea Lovers, the book provides a thorough and easy to use guide for understanding herbal teas to meet your emotional and physical needs. A great Do-It-Yourself book that s handy to have around for those times in life when a little extra effort is needed to improve your mood.

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