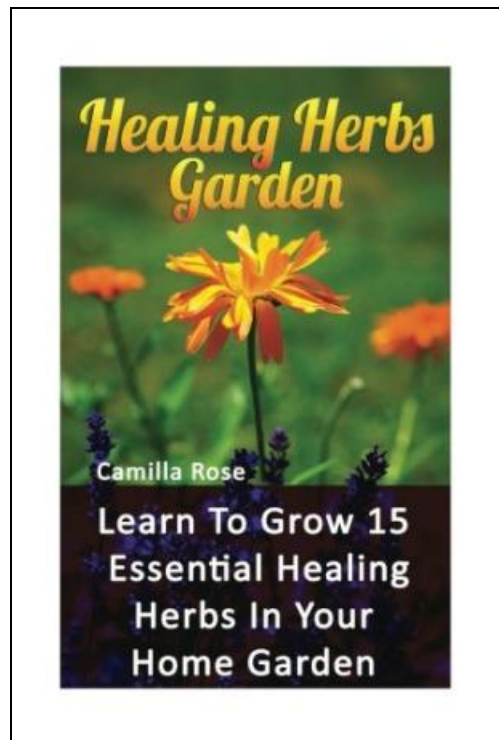


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HEALING HERBS GARDEN: LEARN TO GROW 15 ESSENTIAL HEALING HERBS IN YOUR HOME GARDEN (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Healing Herbs Garden: Learn To Grow 15 Essential Healing Herbs In Your Home Garden If you are considering growing herbs you are not alone! Thousands of people are turning to natural herbal remedies to assist in healing their bodies. This is a practice that has been going on for thousands of years. However, as soon as you start looking at the herbs available and the different concoctions in health shops; you are likely to be left feeling bewildered! There are over seven hundred different medicines available in Europe alone; all of which are plant based. There are thousands of different herbs available to grow. Each one has a potential benefit to your health; selecting the right one to start with is difficult! This book is designed to help you get started. There are fifteen herbs which can all be grown at home; simply select a few of them which will offer the most benefit to you and get started! It is worth noting that many of them can be dried to ensure you have a supply all year round; combining this with a self seeding plant and you will have very little to do in order to achieve repeat growth. This book will show you the following: A brief introduction to herbs and their uses through time; as well as their value now. 5 of the best herbs to revitalize and improve your body. Each herb has a guide to its benefits and the best method of growing it. 5 More herbs which will help you improve your mental fitness or even overcome a mental disorder. 5 herbs which could be considered some of the best all round ones....



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