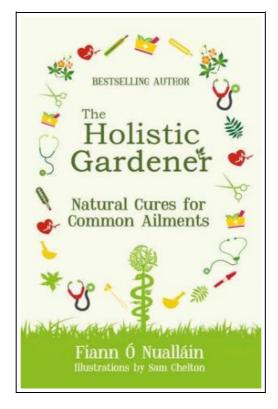
The Holistic Gardener: Natural Cures for Common Ailments (Hardback)



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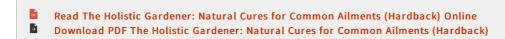
(Dr. Kim Bergnaum)

THE HOLISTIC GARDENER: NATURAL CURES FOR COMMON AILMENTS (HARDBACK)



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The Mercier Press Ltd, Ireland, 2016. Hardback. Book Condition: New. 198 x 129 mm. Language: English. Brand New Book. A handy pocket-size guide to natural remedies from your garden and store-cupboard for complaints ranging from coughs and colds to aches and pains that allows you to save money and avoid taking mass-produced chemicals on a regular basis. Fiann gives simple step-by-step instructions to make straightforward salves and ointments, teas, rinses and syrups that will fill the first-aid cupboard, as well as identifying plants that can be used straight away with no preparation required. Fiann s singular knowledge of the properties and uses of herbs, fruit and flowers from the garden makes fascinating reading, as well as having extensive practical applications.



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