



The Encyclopedia of Popular Herbs: From the Herb Research Foundation, Your Complete Guide to the Leading Medicinal Plants

Robert McCaleb, Evelyn Leigh, Krista Morien

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For more than 15 years, the Herb Research Foundation has been respected by medical professionals worldwide as *the* source for information about the effectiveness of medicinal plants in the treatment of disease. Now, you too can have the Foundation's storehouse of knowledge right at your fingertips. Inside, you'll find detailed, easy-to-understand information on the healing power of today's most popular herbs. There's also a unique, at-a-glance rating system that measures the effectiveness of each herb across five important categories. With this user-friendly encyclopedia as your guide, you'll learn what works—and what doesn't. Most important, you'll discover which herbs are right for you and your loved ones.

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