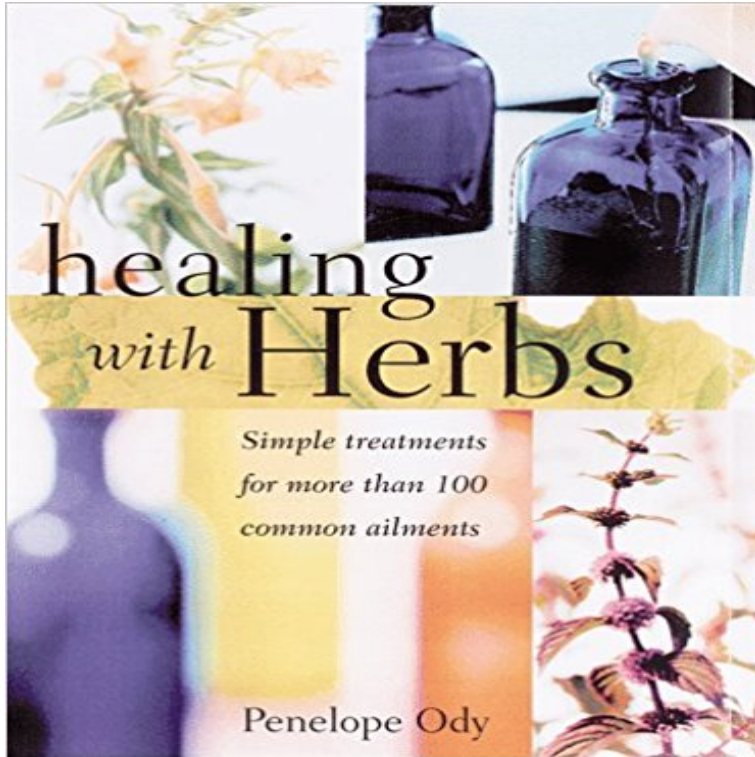


# Healing with Herbs: Simple Treatments for More than 100 Common Ailments



Penelope Ody, an internationally recognized herbalist, and a member of the National Institute of Medicinal Herbalists in the United Kingdom, offers a visual introduction to the world of herbal medicine. This book includes clear, illustrated instructions for growing, preparing, and administering healing herbs to relieve ailments such as arthritis, asthma, sinusitis, depression, headaches, infertility, colds, acne, allergies, and many more.

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