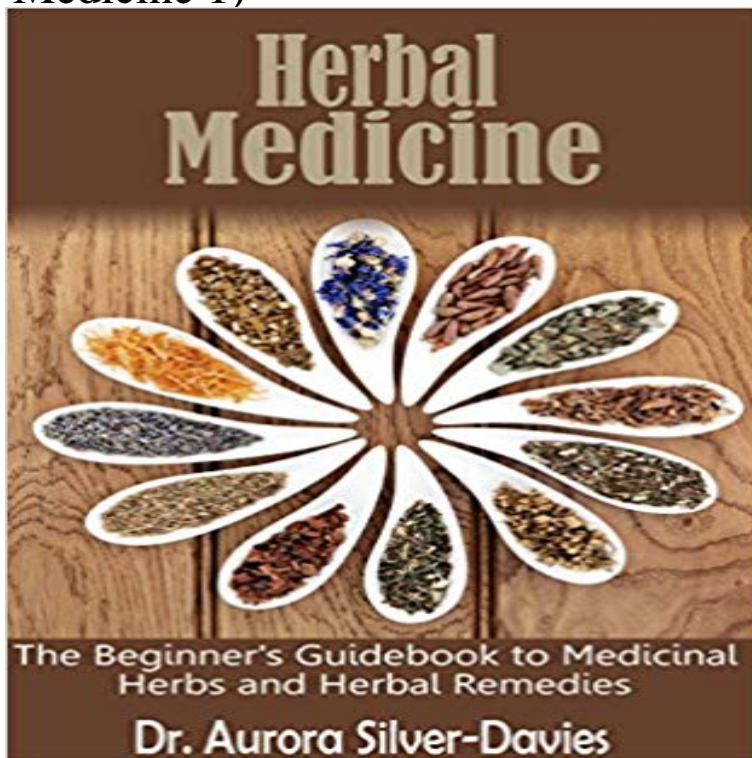


# Herbal Medicine: The Beginners Guidebook to Medicinal Herbs and Herbal Remedies (Alternative Medicine,, Natural Remedies, and Eastern Medicine 1)



Discover How to Improve Your Health Right Now! You're about to discover my proven remedies to help you with aches, joint pain, headaches, fatigue, and more. Millions of people practice alternative medicine everyday to improve their health. You owe it to yourself to discover how you can use it to feel better every day. You can even use herbs to improve concentration, improve memory, and increase alertness. This book will show you how. You will also be immersed in how to plan, design, and build a perfect herb garden. Several methods of growing are discussed, along with the benefits and drawbacks of each. If you have ever wanted to grow your own herbs, then this book will show you how. After reading this book you will be armed with a comprehensive list of herbs, and what they should be used to treat. Your health will never be the same, and your body will thank you. The knowledge you will learn in this book can be leveraged to feel better every day of your life. Here Is A Preview Of What You'll Learn... What herbal medicine is, and when it should be used  
The benefits of practicing natural medicine  
How to design and build your own herb garden  
How to grow the finest herbs  
How to make a poultice from your herbs  
How to make a herb infused oil  
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