



Herbs For Health And Healing: A Drug-Free Guide to Prevention and Cure

Kathi Keville, Peter Korn

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Herbs For Health And Healing: A Drug-Free Guide to Prevention and Cure Kathi Keville, Peter Korn
This safe and practical guide brings herbalism into the 21st century-an authoritative handbook to using herbs in your life, from the kitchen to the medicine cabinet to the dressing table. Popular interest in herbs is growing at a fast pace as scientists confirm what herb users have known for centuries: Herbs can play a significant role in healing and preventing disease. Long used as flavorful condiments in our favorite dishes, leading herbalist Kathi Keville uncovers the power pf herbs as health and beauty aids. With recommendations from a variety of specialists in natural healing, Herbs for Health and Healing is a comprehensive and authoritative health care guide filled with remedies that have a proven track record.

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