



Herbs: 30+ Herbs You Should Know About: Learn How To Live Healthy And Heal Yourself Using Natural Herbs

Sharon Marshall

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So what is an herb? There exists more than one definition to the term herb. Botanists describe an herb as a small, seed bearing plant with fleshy, rather than woody parts (from which we get the term "herbaceous"). Nevertheless, the term herb refers to a wider variety of plants that include algae, fungi, mosses, lichens, ferns, shrubs, vines, annuals, trees etc.

I am sure you may probably be wondering why the need to learn about herbs. As we are all aware, with the advent of technology and chemically processed drugs, people have pushed away herbs from their daily lives with each passing day. But being tech-savvy is no excuse or reason to dump herbs: their remedies are in perfect sync with nature; they are incredibly clean and without toxicity and what is more, they work perfectly. The reason why the ancient people of the East were such strong believers of herbs is because they knew their effectiveness.

In this book we will have a look at over 30 herbs, how to use them, what they can treat and cure as well as where you can get such herbs.

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Janet Baltimore:

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