



Chinese Medicinal Plants: How To Grow Them, How To Use Them: Growing and Using Herbs And Plants For Natural Remedies And Healing (Natural Product Series) (Volume 5)

Janice Bett

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This fantastic book is a complete guide on how you can begin growing and using your very own healing herbs at home. The ancient Chinese culture used herbs and other forms of natural healing in amazing ways and now you can too. This publication will be your guide to growing your own medicinal plants at home and using them to see great health benefits for you and your family. In the pages of this book you will be guided, step by step, through each simple process so that you can discover the essential principles of traditional Chinese medicine and master the art of choosing the best herbs and medicinal foods for your specific needs. This book makes mastering the art of using Chinese medical plants fun, simple and extremely effective!



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