



The Herb Lady's Notebook

Venus C. Andrecht

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Enjoy this funny, informative, and highly practical book about herbalism and natural health, culled from Venus's many long years in the field of herbology and natural health. This book contains true case histories of the many different herbal programs she and her clients tried throughout the years. It also contains extensive lists of herbs that have been used for a variety of ailments. Learn how to prepare organ-specific cleanses, build and nurture different body systems, and more. (Note: Some of the herbal combinations described within are based on the Nature's Sunshine line of products.)

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