



Natural Health Complete Guide to Safe Herbs: What Every Consumer Should Know About Interactions and Side Effects for Hundreds of Herbs, Drugs, Supplements, and Foods

Chris D. Meletis, Rachel Streit

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Herbs can be a powerful path to healing if used in the right combinations with man-made medications, vitamins, and minerals, and with other herbs and healthy foods. But their potent ability to heal can become downright dangerous when used with out care. The Complete Guide to Safe Herbs provides detailed information on the right way to take hundreds of herbs to improve health -- without worrying about unexpected side effects. Easily accessible designs illustrates seven chapters covering these key categories: 175 Best Bets for Safe and Effective Herbs; Important Herbal Combination Formulas for Common Ailments; All the Essential Details on Combining Herbs with Over-the-Counter and Prescription Drugs; Helpful -- and Dangerous -- Herb and Food Combinations; Herb, Vitamin, and Mineral Interactions -- What Works and What to Avoid; Buyer Beware; Clear and Concise Advice on Which Herbs to Watch Out For; Herbal Dos and Don't for Children, Pregnant and Nursing Women, and Older People.

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In this particular era which is the greater particular person or who has ability to do something more are more

special than other. Do you want to become one among it? It is just simple approach to have that. What you need to do is just spending your time little but quite enough to have a look at some books. On the list of books in the top record in your reading list is Natural Health Complete Guide to Safe Herbs: What Every Consumer Should Know About Interactions and Side Effects for Hundreds of Herbs, Drugs, Supplements, and Foods. This book that is certainly qualified as The Hungry Slopes can get you closer in getting precious person. By looking upwards and review this publication you can get many advantages.

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