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Herbs for Health and Healing

By Ranjit Roy Chaudhury

New Dawn Press. Paperback. Book Condition: new. BRAND NEW, Herbs for Health and Healing, Ranjit Roy Chaudhury, The stress and strain of modern-day living takes its toll on our mind and body. Lack of time and patience make us resort to methods which provide instant relief and often we forget that the answer to a problem is effective cure. Modern medicine has made many discoveries yet the side-effects of many of the wonder drugs cannot be ignored. This book, on medicinal plants and their curative powers, is a compilation of articles written for "Asian Age" by the author. The articles are interesting and informative and throw light on the little known facts about various herbs. What makes this book stand out amongst countless number of books on alternative medicine is that the healing properties of each medicinal plant has been explained in detail, and many of them are taken from ancient traditional books on medicine of the Indian as well as the Chinese culture. The readers are also made aware about the importance of the many treasured herbs and also the issue of patent regarding the same. A fountain of knowledge on medicinal plants, this book is a must for...



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Reviews

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