



Natural Health Secrets from Around the World

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Natural Health Secrets from Around the World

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This is an encyclopaedia of 1600 remedies from 30 different cultures dealing with a large range of health problems and emergencies. The ingredients are easily found in groceries and health food shops, and even in many gardens and hedgerows. Alongside remedies for allergies and skin problems, there are aphrodisiac potions, antidepressants, and preventative medicines for more serious diseases such as heart disease, cancer and diabetes.

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