

# Herbs & Things: A Compendium of Practical and Exotic Herb Lore



The essential herbal reference book, a complete compendium of practical and exotic herbal lore to help people live longer and more effective lives. HERBS & THINGS contains an extensive glossary of efficacious herbs (and some animal products and minerals), along with brief histories, medical properties, and recipes (Aphrodisiacal Dinner Menu, anyone?). DIY instructions for tinctures, soaps, beauty creams, sachets, and more. Practical advice for treating colds, aches and pains, and all manner of ailments, with a thorough index for easy reference.

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