



# Healing with Herbs A-Z: How to Heal Your Mind and Body with Herbs, Home Remedies, and Minerals (Hay House Lifestyles)

*Hanna Kroeger*

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Herbs have been used since the dawn of history in many facets of everyday life: health; healing; energy; creativity; work; love; birth; death; regeneration; meditation; survival. This is a practical A-Z on the uses of herbs. '

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