



The Complete Idiot's Guide to Herbal Remedies

Frankie Avalon Wolfe M.H.H. Ph.D.

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You're no idiot, of course. You've heard it's possible to stave off a cold with echinacea, and St. John's wort is said to help lift you out of a funk. But when it comes to knowing which of the hundreds of herbal remedies are effective, you feel like you might as well go eat the daisies.

Don't graze in your garden just yet!

The Complete Idiot's Guide to Herbal Remedies is a comprehensive guide to the vast and varied herbs and natural agents that are purported to prevent everything from the sniffles to cancer.

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