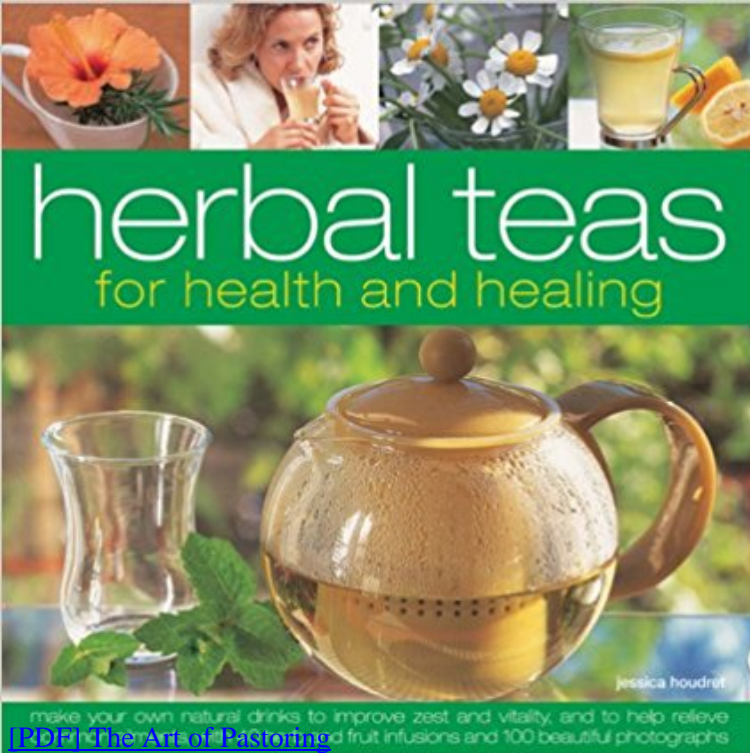


Herbal Teas for Health and Healing: Make your own natural drinks to improve zest and vitality, and to help relieve common ailments, with 50 herb recipes shown in 100 beautiful photographs

Herbal Teas for Health and Healing: Make your own natural drinks to improve zest and vitality, and to help relieve common ailments, with 50 herb recipes shown in 100 beautiful photographs



This guide is packed with delicious recipes and healthy tonics to treat specific symptoms and rejuvenate the body. Choose from rosehip tea, high in vitamin C to ward off a cold, or chamomile tea to promote sleep.

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