



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

Jessica Houdret

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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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