



# **Mother Nature's Herbal: A Complete Guide for Experiencing the Beauty, Knowledge & Synergy of Everything That Grows**

*Judith Griffin*

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Take a tour of the time-honored traditions and healing practices of cultures past and present, including Native and South American, Mediterranean, East Asian, and others. Create delicious and exotic entrees, brew soothing herbal teas, mix perfumes and salves using flower essences from your backyard garden, prepare elixirs and medicines to treat every ailment-and so much more.

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