



**Earl Mindell's New Herb Bible: A complete update
of the bestselling guide to new and traditional
herbal remedies - how they can help fight
depression ... prevent illness, and help you heal
faster!**

Ph.D. Earl Mindell Ph.D.

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The bestselling guide to herbal remedies completely revised and expanded.

Since its original publication in 1992, *Earl Mindell's Herb Bible* has become the definitive guide to the world of herbal remedies. Recognized as today's leading trend in self-care, herbs can help you heal faster, live longer, and look better. In this completely updated edition, one of the world's foremost authorities on nutrition and natural remedies demystifies the language and lore of herbs and shows you how to choose and use herbs and herbal treatments—from the traditional favorites to those on the cutting edge.

Here is new and valuable information on how herbs can treat depression and anxiety, boost energy, improve your sex life, combat aging, prevent illness, and speed healing. Highlights include:

- Thirty new “Hot Hundred” herbs
- A new section devoted specifically to anti-aging herbs
- New and completely updated information on the fastest selling herbs: St. John's Wort, kava kava, grapeseed extract, and green tea
- Special updated chapters on “A Man's Body” and “A Woman's Body”
- And much more

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