



# **The Way of Herbs: Fully Updated with the Latest Developments in Herbal Science**

*Michael Tierra*

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# The Way of Herbs: Fully Updated with the Latest Developments in Herbal Science

*Michael Tierra*

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This guide offers comprehensive descriptions of herbal treatments for cancer, arthritis, colds and influenza. It shows how to gain and maintain health through a holistic approach, with information on simple herb remedies, and descriptions of more than 140 Western herbs and 31 Chinese herbs.

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