

**HERBS PLAIN & SIMPLE: THE ONLY BOOK YOU'LL  
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Melissa Aaron Howington

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Byeducatingyourselfintheuseoftraditionalherbalism,youcanattainahigh

I am new to using herbs, and it gave a brief history of the herb, how it could help or not help, and how to use it such and is in teas. Sage Salvia officinalis is another valued Greek herb that has been used for centuries by Mediterranean families, and is still served today as a fragrant sage tea in cafes throughout Greece. Secret Medicines from Your Garden. OverRecipesforHealthandHealingTherehavebeenmanybookswrittenonherb the advent of modern medicine, people routinely used plant power to maintain their health and ensure their survival, and herbalism is still in use today in many parts of the world.