



Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies

By David Hoffman

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This book is the essential reference for anyone interested in growing, gathering, preparing, using and taking herbs for improving and maintaining health.

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Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies By David Hoffman Bibliography

- Sales Rank: #191868 in Books
- Brand: Unknown
- Published on: 2003-01-25
- Original language: English
- Number of items: 1
- Dimensions: 9.66" h x .71" w x 7.48" l, 1.59 pounds
- Binding: Paperback
- 288 pages



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About the Author

David Hoffmann is President of the American Herbalist Guild, and Director of the California School of Herbal Studies.

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