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## Herbal Healing for Men:Remedies and Recipes (Paperback)

By Rosemary Gladstar

Storey Publishing LLC, United States, 2017. Paperback. Condition: New. 2nd Revised ed.. Language: English . Brand New Book. Best-selling author Rosemary Gladstar, long known for her outstanding recipes, now customizes her expertise for men. Dozens of delicious and simple formulas address men s most common health concerns -- including sexual vitality, prostate well-being, and heart health. An A-to-Z compendium of these ailments details how to effectively treat them using a variety of safe and easy natural remedies. In-depth profiles of 29 herbs explain how men will benefit from each and suggest uses and accessible preparation tips. This handy guidebook for men -- and the women who love them -- provides a helpful introduction to this crucial, but often-overlooked, aspect of natural wellness.

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