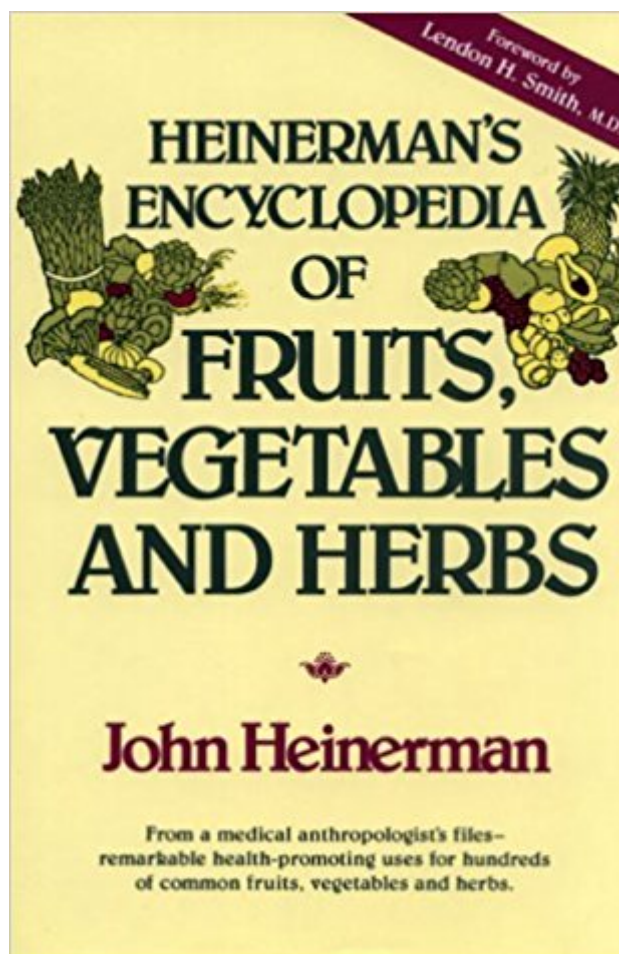


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Heinerman's Encyclopedia Of Fruits, Vegetables, And Herbs



Synopsis

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Book Information

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Customer Reviews

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This is a fairly comprehensive rundown of herbal/natural remedies. I'm super into that stuff, to the point where I don't use anything that isn't totally natural (i.e. no pills, no chemicals, no matter what), so I've heard of a lot of the stuff Heinerman lists, but there's also a lot of remedies that I hadn't heard of before. It's organized alphabetically by herb, and then there's an index in the back of ailments, and, personally, I would've done it the other way (more likely that I'll be looking for a variety of cures to my one problem than a variety of things to do with the one herb/fruit/whatever that I have), but it's effective this way. The book is pretty and well bound, and even though if you looked hard enough I'm sure you could find all this info online, it's nice to have everything in one place, so you can browse as well as look things up. Also, this would be so great in the end of the world, a la TNT's *Falling Skies* or AMC's *Walking Dead*...I have no discernible fighting or building skills, so my only hope to be kept around is having healing skills, so I'm adding this book to my list of end of the world supplies.

Good information.

As expected.

I've had this book since it first came out 20 years ago, and, although there are many good references out there, this is the first book I turn to when I need this kind of information, and it hasn't failed me yet. I've even tried some of the many recipes he includes, and they're good! I really think every home should have a copy of it. In fact, I just bought a copy for my sister for \$.01 plus shipping from Marketplace. I paid a lot more, but I don't regret it. It has definitely been worth it.

This seller offers the EXCELLENT paperback version for the expert who guides you to do the right things for your body."Heinman's Encyclopedia of Fruits, Vegetables and Herbs", 9th Editio. FAST Sh&H! Great prices! I'll be back! ?Thanks! Juli ;)

Read this. Ordered for a friend

this book is what to eat to be healthy and why awesome

One of the most useful books I have recently seen.

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