



Herbal Teas & Health Infusions

Jessica Houdret

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This guide is packed with delicious recipes and healthy tonics to treat specific symptoms and rejuvenate the body. Choose from rosehip tea, high in vitamin C to ward off a cold, or chamomile tea to promote sleep. There are recipes to help treat indigestion, coughs, headaches, anxiety, depression, and sleeplessness, and to boost energy and inner peace. Includes a quick-reference guide to herbs and their medicinal uses.

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