



**Earl Mindell's New Herb Bible: A complete update  
of the bestselling guide to new and traditional  
herbal remedies - how they can help fight  
depression ... prevent illness, and help you heal  
faster!**

*Ph.D. Earl Mindell Ph.D.*

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# **Earl Mindell's New Herb Bible: A complete update of the bestselling guide to new and traditional herbal remedies - how they can help fight depression ... prevent illness, and help you heal faster!**

*Ph.D. Earl Mindell Ph.D.*

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The bestselling guide to herbal remedies completely revised and expanded.

Since its original publication in 1992, *Earl Mindell's Herb Bible* has become the definitive guide to the world of herbal remedies. Recognized as today's leading trend in self-care, herbs can help you heal faster, live longer, and look better. In this completely updated edition, one of the world's foremost authorities on nutrition and natural remedies demystifies the language and lore of herbs and shows you how to choose and use herbs and herbal treatments—from the traditional favorites to those on the cutting edge.

Here is new and valuable information on how herbs can treat depression and anxiety, boost energy, improve your sex life, combat aging, prevent illness, and speed healing. Highlights include:

-Thirty new “Hot Hundred” herbs

-A new section devoted specifically to anti-aging herbs

-New and completely updated information on the fastest selling herbs: St. John's Wort, kava kava, grapeseed extract, and green tea

-Special updated chapters on “A Man's Body” and “A Woman's Body”

-And much more

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**Jesse Kennedy:**

Do you have favorite book? In case you have, what is your favorite's book? Reserve is very important thing for us to learn everything in the world. Each book has different aim or even goal; it means that book has different type. Some people sense enjoy to spend their time and energy to read a book. They can be reading whatever they get because their hobby is usually reading a book. Think about the person who don't like studying a book? Sometime, person feel need book once they found difficult problem or exercise. Well, probably you should have this Earl Mindell's New Herb Bible: A complete update of the bestselling guide to new and traditional herbal remedies - how they can help fight depression ... prevent illness, and help you heal faster!.

**Olga Andres:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they performing activity like watching television, going to beach, or picnic from the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your own personal free time/ holiday? Can be reading a book may be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the publication untitled Earl Mindell's New Herb Bible: A complete update of the bestselling guide to new and traditional herbal remedies - how they can help fight depression ... prevent illness, and help you heal faster! can be excellent book to read. May be it might be best activity to you.

**Kent Ibarra:**

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