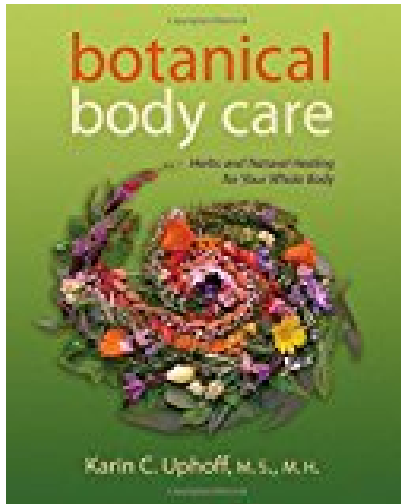


# Botanical Body Care Herbs and Natural Healing for Your Whole Body

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## BOOK DETAILS

- Author : Karin C. Uphoff
- Pages : 259 Pages
- Publisher : Cypress House
- Language : English
- ISBN : 1879384671



## BOOK SYNOPSIS

Botanical Body Care is a home reference for helping you revitalize your body using the power of herbs as food and medicine. It will deepen your understanding of how your body heals, providing you with tools such as herbal recipes, cleanses and hydrotherapy for preventing or addressing common illnesses.

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