



Healing Teas from Around the World

Sylvia Schneider, Terry Willard

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Healing Teas from Around the World Sylvia Schneider, Terry Willard

Healing Teas imparts valuable information about the use of exotic herbs and spices and furnishes the reader with timeless tea recipes and special, often ancient, blends to help improve the body's overall health and well-being.

Healing Teas includes time-tested tea recipes to help remedy a wide-range of ailments including exhaustion, constipation, heartburn, bad breath, pre-menstrual syndrome, weight-loss, acne, influenza, hair loss, depression, nausea, colds, fever, stress morning sickness, diarrhea, cavities, insomnia and many, many more.

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