



## Heal Your Life with Home Remedies and Herbs

*By Hanna Kroeger*

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Octogenarian herbalist Hanna Kroeger shares a lifetime of knowledge in her practical and easy-to-read guide to herbalism. Herbs have been used throughout history for physical, mental and spiritual health and healing. Kroeger instructs readers in using herbs for common health problems, in adopting healthier eating habits, in using vitamins and minerals, and in using and making tinctures and formulas at home.

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