



The Roots of Healing: A Woman's Book of Herbs

Deb Soule

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This book is a beautiful compilation of personal stories, and in-depth descriptions of herbs and their uses. Most books on herbs barely go into the basics of the herb, but this book includes a few select herbs, with very comprehensive descriptions of when, where, and why to use them. "Roots of Healing" also includes many recipes with stories to accompany most. Although Deb is not a doctor, she has a wealth of knowledge of health issues and what doctors don't always tell us.

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