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A Pocket Full of Posies (Paperback)

By Martha Benedict

Createspace Independent Publishing Platform, United States, 2010. Paperback. Condition: New. Caroline R Klemp (illustrator). Language: English . Brand New Book ***** Print on Demand *****.A collection of herbal wisdom written by Martha Benedict that appeared originally in the Santa Cruz Connection, revised and edited for this publication. This book exemplifies what is true about Martha Benedict: it is filled with great intelligence, no-nonsense advice, endearing wit, and mastery of her subject. -Carol, D.C. Martha Benedict has the broadest knowledge in the health field of anyone I know. She has an excellent base in western medical knowledge, 36 years experience in acupuncture and an extensive knowledge of Chinese and western herbs--which is unique. She draws from all this knowledge and experience to give us a sensible and balanced approach to nutrition and self care. -Karen, M.D. Experienced, and more experienced, with deep integrity, Martha blends Chinese herbology, Western herbology and nutrition in the wisest way. -Holly, O.M.D., L.Ac. A Pocket Full of Posies is a witty and wise bouquet of practical herbal remedies. Martha Benedict offers her insights with humor, charm and a refreshing clarity and brevity. -Mary, L.Ac., M.S., M.M. A treasure trove of herbal remedies, insightful nutritional principles, and...

Reviews

An extremely wonderful ebook with lucid and perfect explanations. I was able to comprehend almost everything using this composed e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

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This created publication is wonderful. This can be for those who state that there had not been a worth looking at. Your lifestyle period will probably be transform when you comprehensive looking at this book.

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