



The Good Health Garden: Growing and Using Healing Foods

Anne McIntyre

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Cultivate a useful healing garden and learn how common fruits, vegetables, and herbs can help treat a wide range of ailments, from arthritis and allergies to nausea, back pain and lethargy. You'll find practical suggestions and advice on planting a variety of healing gardens, along with recipes and instructions for tasty, healthful home remedies. 15 color planting guides. Over 250 color photos and illustrations.



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