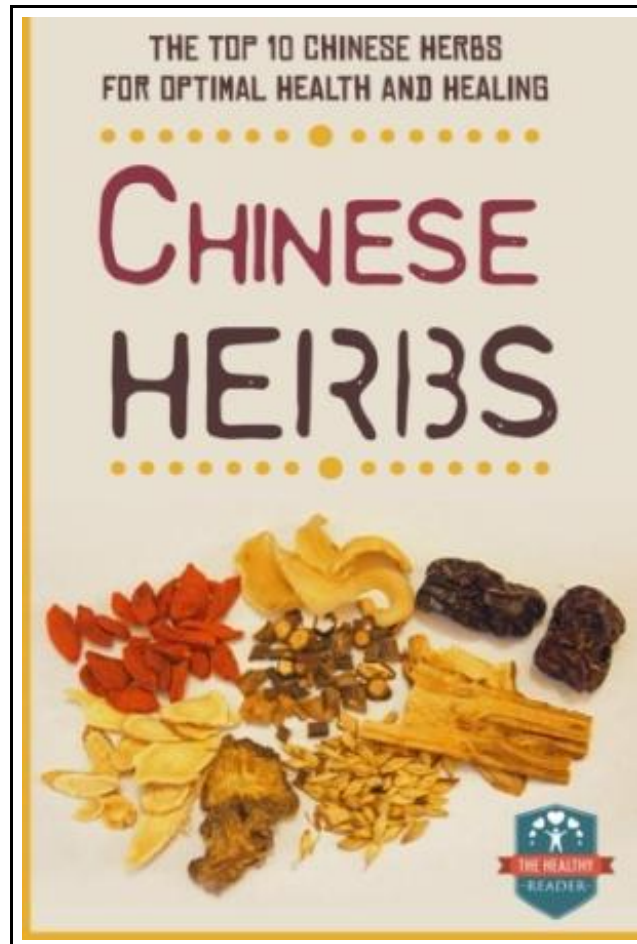# Chinese Herbs: The Top 10 Chinese Herbs for Optimal Health and Healing (Paperback)

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Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Discover All You Wanted to Know About Chinese Herbs in Just 30 Minutes BONUS - Get Your Free 10,000 Word Report on the Top 12 Superfoods Learn How to Use These Chinese Herbs! Chinese medicine is considered to be extremely effective, and there are various ways that it can be used. That also means that there are various herbs. Of course, there are also the top ten most effective and common Chinese herbs as well, and this book will teach you exactly what those are. It is important that you know exactly what these herbs can do, and this book will teach you that. Though, as Chinese medicine makes a comeback, you will find that there is much more than ten herbs. However, starting with the top ten will help you to understand a little bit more about Chinese medicine as a whole, and it ll help you to determine if it is for you. 7 Reasons to Buy This Book 1.In this book you will learn a little more about the history of Chinese medicine. 2.In this book you will learn how to store any herbs that you get for Chinese medicine. 3.This book will teach you about the side effects of all the herbs that are listed in this book. 4.This book will teach you what conditions will cause you to need to avoid these herbs. 5.In this book you will learn a little bit more about the different forms that you can buy each herb in. 6.In this book you will learn the best way to actually take these herbs for their effectiveness. 7.This book will teach you how to use these herbs, and some...

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