

**NEW EXPANDED & REVISED  
SECOND EDITION**

**SPECIAL SECTION ON  
ECHINACEA**

# **100** **essential** **herbs**

**EVERYONE'S  
HANDBOOK  
TO HEALTH**

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**FOR DAILY USE**

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**FOR TRAVELERS**

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**FOR CHILDREN**

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**FOR PETS**

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**IDEAL FOR  
HUNDREDS  
OF AILMENTS**

Lalitha Thomas