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Healing Herbs and Spices: The Most Popular Herbs and Spices, Their Culinary and Medicinal Uses and Recipes to Use Them in (Paperback)

By Mrs Lee Anne Dobbins

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.Wouldn't it be great to improve your mood and memory simply by adding a delicious spice to your next meal? Do you know what herbs you should cook with to help improve your digestion and prevent that bloated gassy feeling? How about the key spices that will help you improve your immune system and fight off diseases? Herbs and spices are more than just something to be kept in bottles in your pantry, they can help improve your health, make you happier and even improve your looks! In this book, you will learn about the healthiest herbs and spices, how they help improve your health and how to cook with them. You'll have a new appreciation for everyday herbs that you can find in your grocery store right now plus you'll get over 70 recipes that show you how to take advantage of their healing properties in delicious foods that you and your family will love! Here Are Just A Few Of The Recipes You Will Find Inside: Healthy Banana Spice Muffins Anise Squash Soup...



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