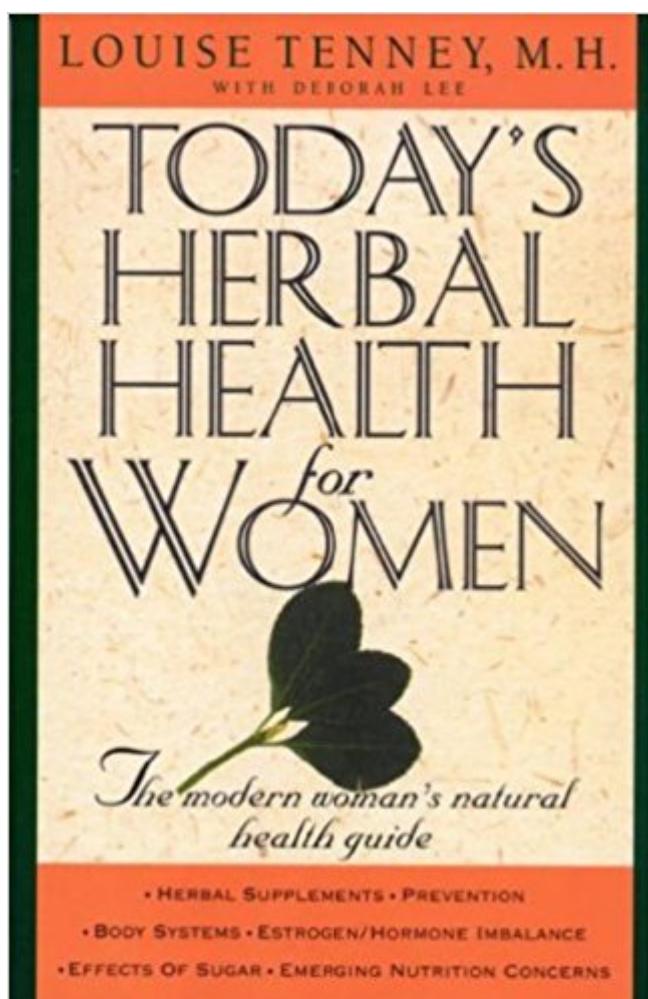


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# Today's Herbal Health For Women: The Modern Woman's Natural Health Guide



## **Synopsis**

TODAY'S HERBAL HEALTH FOR WOMEN provides exciting, long-overdue information specific to women's health needs. From new research on various toxins to how to keep each body system naturally healthy, Louise Tenney provides the scoop on promoting health and preventing disease through natural means. TODAY'S HERBAL HEALTH FOR WOMEN follows in the tradition of Tenney's classic reference volume TODAY'S HERBAL HEALTH, providing up-to-date, accessible, and invaluable information for the modern woman.

## **Book Information**

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## **Customer Reviews**

Louise Tenney has dedicated much of her life to the pursuit of natural approaches to health. She has enjoyed immense success as an author, with her publications equaling over 1 million sales. Louise attended Portland State University, studying applied chemistry and biology, and earned her Master Herbalist degree in 1986.

I thought Tenney had a previous book this is not as good as her Herbal book I previously bought called Todays herbal health third Edition

Another great book to have in your home, ladies! Its a great go to when you are having anything issues...great information for keeping oursevles healthy...very easy to read!

A very handy little reference book for all sorts of women's diseases. The author stesses proper

nutrition as the basis for good health and eschews sugar, white flour, and other refined foods. She also advocates nutritional supplements which aid in both helping the body heal, and prevent serious disease. Nice layout, informative and concise. A fine good job of writing.

This book will educate you on your health and help you to stay healthy. It gives wonderful information on the different parts of your body and it is one of the best book I have ever encountered.

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