



20 Herbs to Take Outdoors: An Herbal First Aid Primer for the Outdoor Enthusiast (20 Herbs Series)

Therese Francis

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20 Herbs to Take Outdoors is a first aid primer on 20 easy-to-use herbal products that may be found at the grocery store, drug store, herb shoppe or through mail order catalogs.

The perfect gift for the outdoor enthusiast who is interested in natural medicine.

Perfect size for backpacks, buttpacks and other outdoor equipment cases.

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