

Healthy Bones & Joints: A Natural Approach to Treating Arthritis, Osteoporosis, Tendinitis, Myalgia & Bursitis

David Hoffman



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From a clinician with 22 years experience and a fellow of Britain's National Institute of Medical Herbalists, come four new guides to total herbal health. Each volume is a thorough exploration and study of the uses of herbs as preventatives and treatment.

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