



Healing with medicinal plants of the west - cultural and scientific basis for their use third edition

Cecilia Garcia, James D. Adams Jr.

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Plants have been used as medicines since the beginning of the human species, about 200,000 years ago. This means that the human species has evolved with plant medicines. There has been an intense natural selection such that people who responded to plant medicines survived and passed on their genes. We must continue to use plant medicines today. This book will teach you how.

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