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## Let Roots be Your Medicine (Paperback)

By Nat H Hawes

Hammersmith Health Books, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. The roots of plants have been used as medicines and nutritious food for thousands of years. Many have astonishing properties which can heal and remedy most human ailments and diseases without the harmful side-effects of powerful medications. They should be an important part of the daily diet but most are often neglected. This A to Z pocket guide of root vegetables includes their nutritional values and which health issues they can help to treat and prevent.

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