



## Healthy Herbs: Fact versus Fiction

*Myrna Chandler Goldstein, Mark A. Goldstein M.D.*

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# Healthy Herbs: Fact versus Fiction

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**Healthy Herbs: Fact versus Fiction** Myrna Chandler Goldstein, Mark A. Goldstein M.D.

Consolidating unbiased, peer-reviewed information from many sources, this book provides a one-stop resource on the use and health benefits of 50 different herbs.

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