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*Stephanie L. Tourles*

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# Hands-On Healing Remedies: 150 Recipes for Herbal Balms, Salves, Oils, Liniments & Other Topical Therapies

*Stephanie L. Tourles*

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Stephanie Tourles offers 150 original recipes for herbal balms, oils, salves, liniments, and other topical ointments you can make yourself to treat a wide range of conditions, from headaches and backaches to arthritis, tendonitis, fungal infections, anxiety, cuts and scrapes, insomnia, splinters, and cracked skin. These preparations are all-natural, effective, safe, and fun to prepare. Take control of your well-being and stock your family's medicine cabinet with your own custom-made healing remedies.

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