



# The Herbal Way to Natural Health and Beauty

*Dian Dincin Buchman*

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## **The Herbal Way to Natural Health and Beauty** Dian Dincin Buchman

The author of several best-selling health titles reveals beauty secrets that are rejuvenating, safe, and inexpensive from 250 ingredients in Mother Nature's beauty salon. Here are detailed recipes for creams, lotions, balms, and remedies to beautify and heal, as well as a botanical, pharmaceutical, and food usage chart.

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