"Because I have long worked to make accurate information on botanical remedies available to consumers as well as to doctors, pharmacists, and allied health professionals, I am delighted to see the appearance of the National Geographic Guide to Medicinal Herbs. This excellent guide is the work of a team of highly qualified botanical and medical experts, including two of my colleagues from the Arizona Center for Integrative Medicine. It offers reliable, up-to-date, practical information about 72 of the most important medicinal herbs." --Andrew Weil, M.D., from the Foreword

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