



# Medicinal Plants: Top 40 Medicinal Plants and Herbs, Their Health Benefits, How to Use and How to Grow these plants

*Daniel L. Thomas*

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The history of man is intertwined with that of plants and this relationship between man and plants goes back millions of years. Plants are very useful to man and are vital to his continued existence. Through the process of photosynthesis, plants give us the oxygen we need to breath. Plants also do give us food filled with the necessary nutrients needed by our bodies and also give us wood to build our homes.

Since time immemorial, man has not only used plants to get food and shelter but also to get cures and treatment for diseases that befell him in the course of time. It was only recently in the 16th century with the advent of modern medicine that the use of medicinal plants for medicine took a decline. However, with increasing contradictions and decreasing efficacy of synthetic medicine, the use of medicinal plants for cures is beginning to make a comeback.

This book gives you the top 40 medicinal plants useful to:

- Helping you improve your body's immune system.
- Providing cures and treatments to a variety of diseases from bacterial, viral, fungal diseases to inflammatory diseases like diabetes, cancer and heart disease.
- Helping you live or adopt a natural nature-based healthy lifestyle.

Some of the things covered in the book include;

- The medicinal properties of each of the 40 plants.
- The diseases that each plant is best suited to cure, treat and help prevent.
- A guide on how to use each of the plants for maximum health benefits.
- A guide on how to grow the plants in case you're interested in growing some of these medicinal plants.
- .....And so much more.....

Get your copy today and learn how to adopt a healthy nature based lifestyle for you and your loved ones.

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