



Bottom Line's Prescription for Herbal Healing

Phyllis A. Balch

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Top herbalist and best-selling author Phyllis A. Balch, CNC, explains how traditional herbs and formulas can effectively heal more than 150 common health conditions, including arthritis, diabetes, kidney stones, high cholesterol, high blood pressure, Lyme disease, tendinitis and more. In *Bottom Line's Prescription for Herbal Healing*, Balch demystifies herbal healing, clearly explaining the benefits and uses of more than 200 safe, natural herbal remedies. Don't run to the medicine cabinet-you have a choice. Explore the science of herbal medicine and the life-changing power of herbs.

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