

Secrets Of Native American Herbal Remedies A Comprehensive Guide To The Native American Tradition Of Using Herbs And The Mindbodyspirit Connection For Improving Health And Well Being

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Are you aware of the fact that Native Americans lived in this country for thousands of years and never had one case of many of the common illnesses we face daily? I believe the reason they were healthier is because they lived off the land and used herbs and other plants as their food and medicine.

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