



The herbs of life: Health & healing using Western & Chinese techniques

By Lesley Tierra

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Editorial Review

From Library Journal

An American acupuncturist/herbalist's guide to the use of Eastern and Western herbal preparations, this book treats herbal healing, traditional Chinese views of herbal and food "energy," how to make various herbal remedies from teas to suppositories, how to grow or buy herbs, and additional recommendations for healthy living. Directions are especially clear and there are good bibliography and resource guides. Tierra's New Age slant won't appeal to everyone, but her book is a nicely done addition to the popular literature.

Recommended for public libraries with subject demand.

- *Judith Eannarino, Washington, D.C.*

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Users Review

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