



# Herbs for Health: 200 Teas, Tinctures, Oils, Powders and other Natural Remedies for the Entire Family

*Andrew Costei*

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In nature there is a very good law: for the cure of any disease is found a plant or more. Until pharmacies were invented, people went after cures in the woods or near lakes, picking the herbs from the field and in the mountains. Due to progress, many herbs have disappeared under asphalt, but still something left. Costei Andrew would like to do everything possible to keep this experience and this knowledge invaluable, offering a potent and effective alternative to commercial pharmaceuticals.

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