



# **Herbal Antibiotics Secrets: How to Use Herbal Medicine to Prevent, Treat ,and Heal Illness Naturally**

*Angie S.*

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Throughout history, the use of several plants to cure and prevent diseases had been practiced all over the world in places such as India, China, Greece, and other countries in Asia and Europe. The health benefits that these herbal medicines promise are not limited to common heart ailments. They help heal skin, immunity, and blood disorders as well. Because of the unmistakable value of these medicinal plants, a lot of pharmaceutical companies and health agencies have made their own research to prove the scientific basis behind the claims of the history books and expand knowledge on this matter. With the discovery of the many health benefits of these plants, people receive more options in terms of treating their ailments. Here's a preview of what you'll learn:

- Introduction to herbs
- What are the health benefits of garlic?
- Some of Ginseng's health benefits
- What are guava leaves and fruits used for?
- Health benefits of St. John's wort
- What are Echinacea's main uses?

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