



# Quick Guide To 20 Herbal Remedies

*Esty Bhamra*

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# Quick Guide To 20 Herbal Remedies

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## **Quick Guide To 20 Herbal Remedies** Esty Bhamra

Here is a quick guide at your fingertip with the most popular herbs you can quickly prepare for the most common health problems like colds, head aches, indigestion, joint pain, colic, ear infections, skin rashes, breathing problems etc.

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