



Healthful Herbs

Jethro Kloss

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"The first wealth is health." Learn what nutritionists and healthy people know in order to live the healthiest and happiest life – not to mention increase your longevity. Well known since the 1930s, Jethro Kloss was one of America's original natural nutritionists. This beautifully redesigned edition features a treasure trove of herbal medicine, natural cures and home remedies. A classic guide to herbal medicine, *Healthful Herbs* from the best-selling *Back to Eden* features natural foods and home remedies that underscore the fundamental principle that true healing consists of a return to natural habits of living.

- Herbalist Jethro Kloss offers the most comprehensive herbal reference guide to help lead you to your optimum health.
- Discusses natural healing methods, including herbs and a healthful vegetarian diet.
- Advocates a life lived in harmony with the laws of health and nature.
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