



The Male Herbal: Health Care for Men and Boys

James Green

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In this long-awaited second edition of THE MALE HERBAL, James Green gives men and boys the tools they need to create or maintain physical and emotional health through a customized herbal program. By following Green's newly developed constitutional model and referencing the comprehensive alphabetical herbal listings, men can create an herbal program attuned to their unique body type, lifestyle, and health needs. Featuring life-changing information about common plants, herbal alternatives to Viagra, medicinal uses of herbs for male-specific issues, and nearly thirty recipes for teas, tinctures, salves, and tonics, this updated guide emphasizes prevention and health with sensitivity and wisdom.

From the Trade Paperback edition.

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Playing with family in a very park, coming to see the marine world or hanging out with buddies is thing that usually you have done when you have spare time, and then why you don't try issue that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love The Male Herbal: Health Care for Men and Boys, you can enjoy both. It is good combination right, you still want to miss it? What kind of hangout type is it? Oh occur its mind hangout men. What? Still don't get it, oh come on its identified as reading friends.

Theodore Rios:

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