Heinermans Encyclopedia of Nuts, Berries, and Seeds by John Heinerman

This new guide to using nutritional properties of nuts, berries and seeds to reverse illness and maximize health includes a listing for literally hundreds of nuts, berries and seeds. It has a complete Table of Symptoms readers can refer to easily and quickly to find remedies for their particular complaints, plus shoppers tips for buying at the peak of ripeness and quality.

My Personal Review:
I have several books by this author and they are all very informative. All have arrived in excellent condition and quickly. I will continue to utilize these references for years.

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