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## **HEALING HERBS A to Z A Handy Reference to Healing Plants**

By Diane Stein

**An alphabetical quick reference to 200 medicinal plants  
and their special healing attributes and most effective applications.**

The popularity of commercially available herbal remedies as adjuncts to conventional medicines has made it easier than ever to turn to medicinal herbs. When used properly, herbs are very often as effective as medical drugs—or more so—without the side effects, cost, and potential for dependency. Herbs help people become enabled, instead of disabled. They leave us stronger, not weaker. But we need to learn how and when to use them.

Teacher, healer, and best-selling author Diane Stein shares her extensive knowledge and experience with healing botanicals in this quick reference. Each entry includes an accessible and detailed résumé of each plant's specific healing properties. *Healing Herbs A to Z* is *the* reference guide for the herb shopper who wants to restore her body, mind, and spirit with the healing power of herbs.

### About the Author

Diane Stein is a popular and acclaimed healer and the best-selling author of *Essential Reiki*, *Gemstones A to Z*, and 25 other books in the fields of metaphysical healing, women's spirituality, and alternative health. She lives and teaches in Florida. Visit [www.dianestein.com](http://www.dianestein.com) for more information.

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