



# Mullein It Over: An Herbal Medicine Cabinet Recipe Book

*Michele A Benoit HMC AC HC*

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# Mullein It Over: An Herbal Medicine Cabinet Recipe Book

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## **Mullein It Over: An Herbal Medicine Cabinet Recipe Book** Michele A Benoit HMC AC HC

Have you ever tried some of the old remedies? Your Parents or Grandparents may have used? I believe the herbs are here for a reason and that other states may have different herbs than Michigan. They have their own unique combinations with different herbs. Some states have different climates and that's where the people should use more of their own state herbs. Look thru this book and try some of the old remedies where the herbs have been around for a use for hundreds of years. Read for your health and always be cautious when making theses recipes.

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