



# Herbal Teas for Healthy Living

*Margaret Roberts*

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## **Herbal Teas for Healthy Living** Margaret Roberts

As the world takes more and more to the idea of using alternative remedies – particularly the use of herbs – there is no better time to introduce the broad variety of herbal teas that provide both medicinal and herbal alternatives. The teas featured in this book, while chosen for their health properties, are also extremely enjoyable, soothing and provide exciting substitutes to traditional beverages. Herbal Teas for Healthy Living is part of the Healthy Living series which also includes Herbal Beauty for Healthy Living, Pregnancy and Child Care for Healthy Living and Tissue Salts for Healthy Living

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