

Sergeant Ergometrics Test Study

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this book provides a detailed practical and where possible research based rationale for the use of herbal treatments in a wide variety of clinical conditions and problems through the filter of current scientific literature the authors have reevaluated traditional use of herbal remedies and present realistic guidelines for modern practice a uniquely authoritative guide to applying herbal medicines as serious options for the treatment of some of the most troublesome conditions seen today in particular this book gives a clear description of the principles and foundations for the practice of phytotherapy in depth and detailed profiles of over 45 herbs reviewing

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