

User's Guide to St. John's Wort (Basic Health Publications User's Guide)

Laurel Vukovic



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User's Guide to St. John's Wort (Basic Health Publications User's Guide) Laurel Vukovic Building on the tremendous interest in health, alternative medicine, and nutritional supplementation, the User's Guide to Nutritional Supplements Series is designed to answer the consumer's basic questions about diseases, conventional and alternative therapies, and individual dietary supplements.

Written by leading experts and science writers, The User's Guide to Nutritional Supplements Series covers a range of popular alternative medicine and health issues, including specific major diseases, alternative therapies, and vitamins, minerals, herbs, and other nutritional supplements.

The User's Guide to St. John's Wort describes the herb's traditional uses and the remarkable science demonstrating its benefits in treating depression.

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