



## Healing Power of Echinacea and Goldenseal and Other Immune System Herbs (The Healing Power)

Paul Bergner

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Today, echinacea and goldenseal are among the top-selling consumer-level medicinal herbs in the U.S. These herbs are the most famous of the class of ?immune system herbs,? which have been respected as panaceas or cure-alls in different civilizations since early recorded history. In his new book, *The Healing* Power of Echinacea, Goldenseal, and Other Immune System Herbs author Paul Bergner explains in detail everything readers will want to know about these and twenty other immune system herbs.Bergner explains how to substitute traditional Western herbs, Chinese herbs, Japanese medicinal mushrooms, and other plant substances for often-abused antibiotic drugs. He tells how to use herbs to treat such conditions as:

colds and fluchronic infectionsperiodontal diseaseurinary tract infectionsand much, much more!Bergner offers a detailed list of herbal remedies for specific ailments, information on proper dosages, as well as a glossary of immune system terminology. This is an indispensable resource for anyone interested in health and well-being.



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