



Asplenium adnigrum
 Black Catbush
 Black Elm
 Broomrape
 Calcey Reed
 Chamomile
 Crampbark
 Dandelion
 Dogwood
 Foxglove
 Ginseng
 Goldenrod
 Honeysuckle
 Kava, Kava
 Lichen
 Lignum
 Marsh-mallows
 Marsh-mallows
 Mistletoe
 Oak
 Passion-flower
 Peppermint
 Pinkish-bark
 Pulsatilla
 Red Cherry
 Rhubarb
 St. John's Wort
 Valerian
 Yucca
 White Poplar
 Wild Cherry Bark
 Wild Indigo
 Wild Larkspur
 Willow
 Wood Betony



David Hoffmann
Author of *The New Holistic Herbal*

Natural Relief From Headaches Insomnia And Stress

ML Yell



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