

**Healing Spices: How To Use 50 Everyday And Exotic  
Spices To Boost Health And Beat Disease By Debora  
Yost**

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Sources. Grotto, David. 101 Foods That Could Save Your Life, 2007, Bantam Books. Aggarwal, Bharat and Yost, Debra. Healing Spices: How to Use 50 Everyday and Exotic

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's sister publication. If a healing garden sounds great to you in theory, but you're sure you'd never take the time to harvest and use the herbs,

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5 stars. "Healing Spices" This book was exactly what I was looking for. Each spice has a description of its country of origin, ancient and modern day uses for both as

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