



# Herbal Secrets of the Rainforest : Over 50 Powerful Herbs and Their Medicinal Uses

*Leslie Taylor*

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## **Herbal Secrets of the Rainforest : Over 50 Powerful Herbs and Their Medicinal Uses** Leslie Taylor

Rainforests are home to an amazing abundance of plant life—just two and a half acres of Amazon rainforest are estimated to contain 900 tons of plants! And researchers have barely begun to tap the medicinal properties of rainforest herbs, trees, and flowers.

Gathering information from indigenous peoples, natural health practitioners, and scientists from around the world, *Herbal Secrets of the Rainforest* profiles more than fifty rainforest plants, and includes details on:

- Medicinal properties
- History of use by rainforest inhabitants
- Current uses around the world and in herbal medicine today
- Methods of preparation
- Natural chemicals
- Summaries of scientific research
- And more, such as helpful tables, illustrations, and recipes for herbal remedies

From the age-old healing practices of shamans to current scientific research, this wealth of ancient and modern knowledge is now available in one source for health-conscious consumers. This unique book is the one health guide you will reach for again and again.

### **About the Author**

//**Leslie Taylor** is the founder of /Raintree Nutrition, specializing in the marketing and development of over 100 rainforest botanicals and other products using sustainable rainforest resources. She has been researching and documenting medicinal rainforest plants for over 15 years.

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