



# **Polish Herbs, Flowers and Folk Medicine**

Sophie Hodorowicz Knab

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### Polish Herbs, Flowers and Folk Medicine

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#### Polish Herbs, Flowers and Folk Medicine Sophie Hodorowicz Knab

This book captures the history of the plant life once essential to the Polish people. It leads the reader on a tour through monastery, castle, and cottage gardens, providing details on the history and healing powers of over one hundred herbs and flowers.



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