



St. John's Wort Miracle: Discover the Amazing Benefits of St. John's Wort to Become Happy and Healthy

Brian Yi

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This book was written to provide information on a common yet amazing plant, St. John's Wort. A small weed, it actually packs some wonders that can lift your spirits and make you happy and healthy. With this book, hopefully you get to discover an herbal remedy that is not so difficult to find. You may have disregarded this weed before but this little plant may actually have something that can help you avoid expensive drugs and treatment. You will also discover some surprising antioxidants and other substances in St. John's Wort that belie its humble look. However, the current craze for herbal remedies is hardly new. Mankind relied on herbs ever since the beginning of recorded history thousands of years ago (and perhaps even long before that). Perhaps because the "wise women" of pre-civilization societies were crucial to the study and distribution of herbal remedies, beauty enhancement was quite high on the list of priorities. Ancient Egyptians were known to exploit the disinfectant properties of garlic and honey by using them as facial cleansers, and often treated their hair with fragrant washes of herb-infused water. The legendary Cleopatra herself was known to add honey to her milk baths to keep her skin soft and smooth. Please enjoy reading and discovering the miracle of the lowly St. John's Wort.

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