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Cramp, herpes, inflammation?

Herbs with beneficial effects are in every family's kitchen, but many households do not appreciate the true value of their positive effects on the body. Yet a true natural pharmacy lies within the spice box. Dr. Györgyi Horváth, Director of the Institute of Pharmacognosy at the Faculty of Pharmacy of the University of Pécs, helps us to understand the medicinal value of herbs, why and what we should use them for in our everyday life, and also points out ten important plants with beneficial effects.