



PADMA: An Ancient Tibetan Herbal Formula (Basic Health Guides)

Nan Kathryn Ph.D. Fuchs

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This book explains how this ancient Tibetan formula has been found through scientific studies to increase circulation, reduce plaque in veins and arteries, and control bacterial infections in the lungs that lead to asthma and allergies. You will learn how all "hot" illnesses, from dermatitis, hepatitis, and arthritis to tendonitis, thyroiditis, and colitis can benefit from Padma's cooling effects.



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