



# The Practice of Aromatherapy: A Classic Compendium of Plant Medicines and Their Healing Properties

*Jean Valnet M.D.*

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This classic manual provides detailed evidence for the efficacy of plant medicine. Valnet effectively bridges the gap between the tradition of healing with herbs and the advances of modern medicine, showing, in scientific terms, why plant medicine works, and making an impassioned plea for curtailing our use of dangerous chemical therapies.



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