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## **Herbal Therapy (Speedy Study Guides) Speedy Publishing**

With the rising cost of health care, more and more people are turning alternative treatments to cure themselves of ailments one might typically schedule a doctor's visit for. Herbal therapy is the practice of using natural substances and methods to treat illnesses rather than what western medicine has made available. Herbal therapy holds many benefits for those who decide to go the natural route to healing. Generally, the natural ingredients used in the treatments are often very affordable over prescription drugs. It is also a good option for those that might have allergic reactions to certain types of drugs that would otherwise be helpful.

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