



# **Foraging: Foraging Wild Edible and Medicinal Plants - How To Identify, Harvest, And Use Wild Medicinal Plants For Weight Loss, Beauty, And A Healthy ... Herbs, Spices and their Usage and Storage)**

*Christina Hanson*

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## **Foraging**

### **Foraging Wild Edible and Medicinal Plants - How To Identify, Harvest, And Use Wild Medicinal Plants For Weight Loss, Beauty, And A Healthy Lifestyle**

This ebook on foraging will change your life forever as you take a critical look at exactly what you are allowing yourself, your friends, and your family to eat. Food and medicine are elements to life that we all need, but perhaps we are overcomplicating life a little bit. Simplifying life by going back to our foraging roots will allow Americans to shed the pounds, enhance natural beauty, assist in the healing of conditions, and to simply feel better about themselves physically, emotionally, socially, and spiritually.

### **You will learn a plethora of information as seen by the following topics:**

- What foraging is
- Why we should forage
- What we should forage
- Why it is good for you
- Where you should forage
- What you should bring with you when foraging

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