



Ancient Medicinal Remedies: Horsetail, Ferns, Lichens and more

Robert Dale Rogers RH

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Before flowering plants, the earth was dominated by so-called, more primitive vegetation. Plants and fungi moved from the oceans onto land and created symbiotic relationships that continue today.

The medicinal uses of ferns and their allies, including horsetail, clubmoss, liverworts, mosses and lichens is poorly explored.

In this volume you will find a plethora of reasons to appreciate and utilize these ancient healing remedies.

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