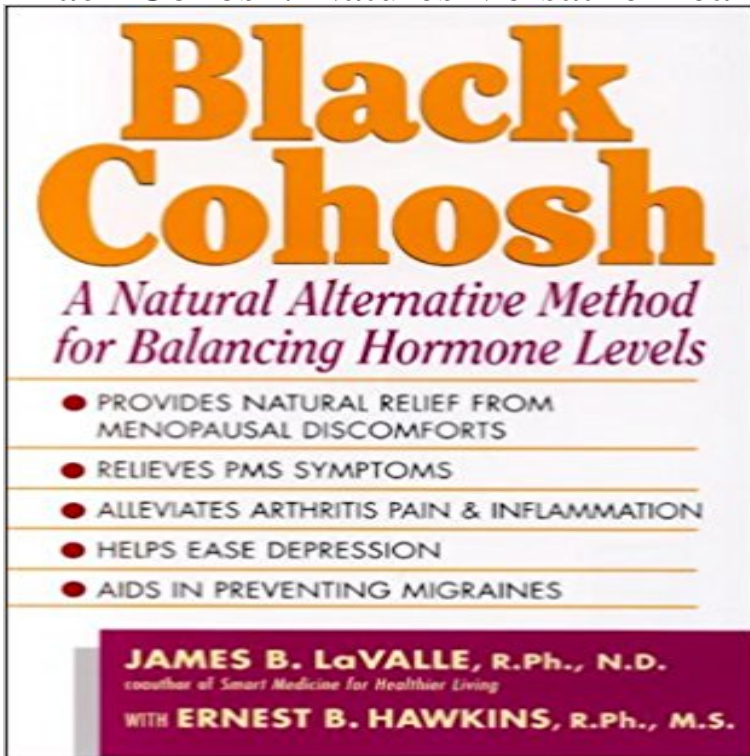


Black Cohosh: Natures Versatile Healer



A practical consumer guide to a powerful herbal remedy for conditions ranging from menopause to high blood pressure. Introduced into Western medicine by the Native Americans, black cohosh has great potential as a dietary supplement. This instructive guide provides a better understanding of the use of this versatile herb. Due to its effects on the cardiovascular system, black cohosh is most commonly used to treat certain types of PMS symptoms and as a safe alternative to estrogen replacement therapy by millions of women in Germany. The herb has proven to be beneficial in reducing the pain of headaches, preventing circulatory disorders, and increasing the power of the heart.

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