



Healing Power of Pau D'Arco (Shangri-La)

Walter Luebeck

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Pau d'Arco is a traditional South American herb long revered for its extraordinary healing powers. This book explores its many and varied uses, its specific preparation techniques and some background on its long history. The components of the lapacho (pau d'arco) bark have a detoxifying, anti-mycotic and anti-carcinogenic effect. The native South Americans called it the "divine tree". The book includes the best recipes for using the tea effectively.

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