



Jiaogulan: China's "Immortality Herb"-- Unlocking the Secrets of Nature's Powerful Adaptogen and Antioxidant

Dr. Jialiu Liu, Michael Blumert

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This is the first book to reveal the complete history and the traditional and modern uses of Jiaogulan (je-ow-goo-lan). Learn about the benefit effects of this "miracle grass" on regulating blood pressure, strengthening the immune system, lowering cholesterol levels and increasing stamina and endurance.

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