

HERBALISM

Meaning: Herbalism is the practice of using plants and their extracts for medicinal purposes and health benefits.

1. Herbalism has been practiced for thousands of years in various cultures around the world.
2. Many people turn to herbalism for natural remedies and alternatives to conventional medicine.
3. The resurgence of interest in herbalism has led to a greater appreciation for traditional healing practices.
4. Courses in herbalism can provide valuable knowledge about the properties and uses of different plants.
5. She decided to explore herbalism as a way to enhance her well-being and connect with nature.

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