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The most powerful food and medicine on the planet is free and it's growing wild right outside your door and around your neighborhood. Markus Rothkranz explains why wild local foods are a thousand times better than organic produce from a supermarket. These plants are so full of nutrition and healing power, it will blow your mind.

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Markus Rothkranz (2012, Picture Book)

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5.0 out of 5 stars FREE FOOD AND MEDICINE Worldwide Edible Plant Guide. Reviewed in the United Kingdom on April 27, 2015. Verified Purchase. This book is very informative, I would not be without it, but hey I have all Markus Rothkranz books, and supplements, and I follow him and his wife on Facebook. keep up the good work. ...

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