Terms of Use

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The Apothecary Letters is a free weekly newsletter about medicinal herbs, tea, and herbal remedies. The newsletter is delivered every Thursday via Beehiiv and is accessible at theapothecaryletters.com. We are associated with the Facebook group “Growing and Harvesting Medicinal Herbs and Tea.” Content includes herb research, summaries of published medical studies, growing guides, preparation methods, and seasonal recommendations for herbal use.

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