

Reading 34: Herbs as Medicine

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O V I O H L V P R E F E R R E C O M M E N D M P O
A O V D S F R Q W B Q D S Y U N T H J S X A H D H
J D Q X A G B S U B S T A N C E D C W R B Q B S F
A T C M X S V T Y N F F S W M Q W Y H E T I E M D
K H J P P R T R E A T T N T R P W O Q C G G N S U
V R A J O X T M O D E R N P I H R A W O P J E U P
S O M G I N S E N G V H O C J X O H Z G M L F O Z
W U G U Y P V V R U P S E T R W C S U N Q M I V Y
S G E F P V A V H E R B A L M E D I C I N E T Q Z
E H D K V T O B O N G X G F U D P C P S W H S R P
K O G U P I D H I Z S P I X A N G N R I L A L G M
R U O G D D O U H F C V B C P N E E E N M G H S C
V T T C R W O K X A V O I D R W E T V G O K X Q N
S F G K Q S D H D H K A K L V K O N E N Y A G E R
E G A R L I C H W E Z K D B E U T P N Y O I Y F P
D K T T F W U D I S E A S E S H W W T U V M C A H
A R A I P N J U F G Y R E D U C E O W P R G G Q W

throughout

treat

herbal medicine

ginseng

garlic

upset

substance

modern

recommend

prefer

diseases

avoid

prevent

reduce

benefits

recognising