



Jamu: 38 Racikan Jamu Nikmat Sehat Warisan Nenek Moyang (Indonesian Edition)

Horatius Romuli

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Sinopsis:

Indonesia memiliki sekitar 1.600 jamu warisan nenek moyang. Bukti sejarah tentang jamu tercatat dalam prasasti peninggalan Kerajaan Majapahit sejak 1.300 tahun lalu. Jamu telah diakui sebagai 'obat ajaib' di era modern ini.

Buku yang memuat resep jamu ini disusun oleh Jamu Bukti Mencos yang secara turun temurun selama 75 tahun melayani kesehatan masyarakat dengan puluhan jenis racikan jamu. Buku ini terbagi atas 4 bab yaitu: Jamu, Dahulu & Kini, Bahan & Khasiat Jamu, Proses Pengolahan Jamu 40 Racikan Jamu Warisan Nenek Moyang.

Anda akan lebih mencintai jamu sebagai warisan nenek moyang yang baik untuk pengobatan dan menjaga kesehatan.

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