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USES IN ANCIENT & CONTEMPORARY TIMES: AN ETHNOBOTANICAL  
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## Sommario/riassunto

Despite its small size, Belize is one of the most ecologically diverse nations in Central America. Over 3,400 species of plants can be found here, within six different ecological life zones. Because of this, Belize is paradise for ecotourists, hosting over 300,000 visitors annually, who enjoy the natural habitat and friendly people of this nation. Many of the plants of Belize have a long history of being ""useful,"" with properties that have served traditional herbal healers of the region as well as modern medicinal applications. With Messages from the Gods: A Guide to the Useful Plants of Bel

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