

A Womans Book Of Herbs The Healing Power Of Natural Remedies

The Herb Farm's resilience and growth homespun and won in ... - Stuff

Guide to Alternative & Complementary Mesothelioma Treatment - Asbestos.com

Medieval and Renaissance medicine: Practice and developments - Medical News Today

Letting Go of Lithium - Mad in America

Charles Ayo Dada: Naturopath or natural healer - Guardian Nigeria

The complex early history of abortion in the United States - National Geographic

After Back-to-School and Before the Hectic Holidays, Slow It Down with Pura Luna Apothecary -

Santa Barbara Independent

Eli Baxter reflects on na-naan-dah-wih-i-way, the ancient and universal practice of healing - CBC.ca

10 Essential oils to soothe cough, colds and congestion - Longevity.Technology

10 Fresh Herbs That Have Surprising Health Benefits - AARP

These 11 Vegan Vitamins Are Made With Fruits and Vegetables - VegNews

New Zealand healer uses herbs to treat illness in Shreveport ... - Shreveport Times

Were midwives the OG witches? How the history of mystic medicine ... - Salon

Dissolve cataracts naturally: Research, and treatments - Medical News Today

Healing myself the Pagan way: how witchcraft cast a spell on me - The Guardian

This not sorcery: From joint pain to cold and flu remedies, folk ... - Saltwire

Phony 'Miracle' Products Used in Health Fraud Schemes - AARP

Dictionary of Dietary Supplement Terms - NIH Office of Dietary Supplements

SAMANTHA ZIPPORAH on The Womb Continuum /336 - FOR THE WILD

Spiritual Soup - Santa Clara Magazine - Santa Clara University

Living into a Childhood Commitment: A Conversation with Cyndi ... - Nonprofit Quarterly

5 Regions to Experience Switzerland's Alpine Flora - Outside

The Lost Book of Remedies Reviews - Is Claude Davis' Survival ... - TAPinto.net

The Lost Book of Remedies Reviews - Does Claude Davis Healthy Herbal Solutions Guide Work?

Book PDF Download! - ThePrint

Harnessing Ancient Wisdom for Modern Wellness - Economic Times

Burlington's Inkwell Emporium Offers Witchcraft Supplies | Business - Seven Days

Home Doctor Reviews - Is The Home Doctor Practical Medicine For Every Household Book Legit?

PDF Download - Deccan Herald

Use Comfrey Root as a Natural Remedy - Mother Earth News - Mother Earth News

Meet the woman behind KaleJunkie - GMA

10 Simple Herbal Remedies from Your Garden - Healthline

101-year-old Wheatfield painter has long championed the arts, still ... - The Times of Northwest Indiana

What Is Ayurveda? A Guide to Traditional Ayurvedic Medicine - Everyday Health

Healthline Natural - Complementary and Alternative Medicine for ... - Healthline

Home Remedies for Cold and Flu Symptoms - The New York Times

5 Easy Love Spells That Start Working Immediately - STYLECASTER

Two New Cookbooks Put a Modern Spin on Traditional East Asian ... - Eater

Power of the healing foods - Businessday

An apology to Indigenous communities sparks a mental health rethink - Science News Magazine

14 Best Wellness Retreats for Women in 2023 - Woman's Day

Science Supports Home & Herbal Remedies Despite Doubters - The People's Pharmacy

The Lost Book of Herbal Remedies Review [Updated] : The Lost Book of Herbal Remedies with Nicole Apelian by 2021.reviews - Yahoo Finance

Intuitive eating: The anti-diet, or how pleasure from food is the ... - CNN

Elixir by Kapka Kassabova review - vale of enchantment - The Guardian

Five Natural Treatments for Sore Muscles and Winter Aches - Boston magazine

The restorative power of herbs: What it's like to be a medicinal ... - Shropshire Star

The king of alternative medicine: King Charles III's love for homeopathy, ayurveda and yoga - Economic Times

Yarrow Is Yarrow - lareviewofbooks

Ways to Practice Self-Care in Portland - Travel Portland

The Healing Powers of Fresh Horseradish - Mother Earth News - Mother Earth News

The A-Z of herbal remedies - Saga Magazine News

Show 1322: Herbs for Healing and Optimal Wellness (Archive) - The People's Pharmacy

Cancer-Fighting Foods : Resveratrol, Green Tea, and More - WebMD

10 Natural Remedies for Fibromyalgia - AARP

Black Women, Book A Trip To Belize & Thank Me Later - Refinery29

More About Integrative Medicine - On Cancer - Memorial Sloan Kettering

Crystals for Sleep: Catch More ZZZ's with These Healing Stones - Healthline

Crazy Celebrity Health Remedies - ABC News

My Little Mercantile is a natural fit in new Woodville home - Beaumont Enterprise

11 Ways Dementia Caregivers Can Sooth Sundowners Syndrome - AARP

30 Tribal Vaidyas Plant Traditional Medicinal Plants in Herbal ... - Tata Steel

The Queer Witches of Appalachia - Belt Magazine

How to Grow Rosemary From Cuttings - Woman's World

Bringing Traditional Healing Under the Microscope in South Africa - Undark Magazine

Mercury retrograde 2023: Here's everything you need to keep calm - CNN Underscored

Phil draws on the healing power of nature with Wild Herb Elixirs - Irish Independent

The World Health Organization promotes quackery yet again - Science Based Medicine

The Anti-Ageing Supplement The A-List Swear By - SheerLuxe

The Cure - Irish America

Natural Remedies for ADHD Without Medication: Nutrition ... - ADDitude magazine

What is Moon Water, Exactly? A Guide to Making and Using It. - Yoga Journal

The Doctor-Botanist Couple Healing a Community in the Rural South - Civil Eats

Special Report: Complementary Alternative and Integrative ... - Psychiatric News

10 Tips for Making Smoothies When You Have Cancer - WebMD

The singer and the veld shaman: healing with herbs and blessings - Daily Maverick

Long Covid recovery guide: tips for fatigue and breathlessness - British Heart Foundation

22 Full Moon Rituals For Healing, Self-Care, and Manifestation - Women's Health

Medicinal Herb Garden Planning for Remedies - Mother Earth News - Mother Earth News

Ancient Knowledge For Modern Wellness: Music Is Medicine - Forbes

Annapolis Mary Garden - University of Dayton - News Home

Essiac Tea I Alternative Cancer Treatment & Misconceptions - Asbestos.com

The Ancestral Knowledge of Black Women and the Healing Power ... - RioOnWatch

As Halloween Approaches, Brooklyn's Real-Life Good Witches ... - The New York Times

Plant of the Month: Mint - JSTOR Daily

Taunton: Kundalini Pearls Yoni Steaming Spa for women opens - Enterprise News

Healing garden: How Debbie's herbs cured her Covid-19 - Business Daily

A Hobby for All Seasons: 7 Science-Backed Benefits of Indoor Plants - Healthline

Healing Your Pets Naturally With Reflexology - Sedona.biz

Microscopic images reveal how herbs get their flavor - National Geographic

The psychoactive drug ibogaine could save lives—and everyone ... - National Geographic

Healing plants and therapeutic music part of new LVH-Muhlenberg ... - Lehigh Valley Business

What are the side effects of the Pfizer vaccine? - Open Access Government

First Harvard Staff Art Show celebrates employees' whole selves - Harvard Gazette

The Herbal Lore of Wise Women and

Wortcunners - Wolf D. Storl 2012-02-07

Traditional herbalists or wise women were not

only good botanists or pharmacologists; they were also shamanic practitioners and keepers of occult knowledge about the powerful properties

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of plants. Traveling back to the healing arts of the ancient Egyptians, Greeks, and Romans, The Herbal Lore of Wise Women and Wortcunners takes readers deep into this world, through the leechcraft of heathen society and witches' herb bundles to the cloister gardens of the Middle Ages. It also examines herbal medicine today in the traditional Chinese apothecary, the Indian ayurvedic system, homeopathy, and Native American medicine. Balancing the mystical with the practical, author Wolf Storl explains how to become an herbalist, from collecting material to distilling and administering medicines. He includes authoritative advice on herb gardening, as well as a holistic inventory of plants used for purposes both benign and malign, from herbs for cooking, healing, beauty, and body care to psychedelic plants, witches' salves for opening alternative realities, and poisonous herbs that can induce madness or cause death. Storl also describes traditional "women's plants" and their uses: dyeing cloth, spinning and weaving, or

whipping up love potions. The Herbal Lore of Wise Women and Wortcunners is written for professional and amateur herbalists as well as gardeners, urban homesteaders, and plantspeople interested in these rich ancient traditions.

A Woman's Book of Herbs - Deb Soule 1998
Herbal remedies passed down through three generations are recounted in this inspirational book, joyfully written for women of all ages. A Woman's Book of Herbs guides you through the process of creating your own medicine chest of botanicals -- from gardening and gathering to preparation, storage, and use. Tinctures, tonics, and teas for a variety of women's health concerns, are featured, including -- Infusions for headaches associated with menstruation -- Relief for chronic vaginal infections -- Herbs for pregnancy and labor-soothing belly oils too! -- An iron-rich syrup for women with anemia -- Herbal support for osteoporosis -- Healing formulas for women who have suffered abuse -- Flower

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essences for emotional well-being This herbal plants the seeds for overall good health and happiness.

The Green Pharmacy - James A. Duke
1997-01-01

From a top world authority, the ultimate guide to using herbs to cure and prevent disease.

Herbs for Stress & Anxiety - Rosemary Gladstar
2014-05-06

Treat stress, anxiety, depression, and more with simple herbal remedies that calm your mind, build a healthy nervous system, and promote lasting peace. In this informative guide, renowned herbalist Rosemary Gladstar profiles 21 herbs proven to be effective at soothing common ailments like insomnia, panic attacks, skin conditions, and migraines. With simple directions for making herbal mixtures that can be used in delicious teas, tinctures, and capsules, Gladstar shows you how to harness the power of nature to achieve a more relaxed and fulfilling life. Ê

Natural Healing in Gynaecology - Rina Nissim
1996

This reference book gives women the power of choice in their own healing. It provides a wealth of healing alternatives from eastern and western cultures and critiques the limits of conventional western medicine

The Doctor's Book of Natural Health Remedies - Peg Moline
2014-04-01

The most comprehensive handbook ever written about vitamins, herbs, supplements, and holistic healing—everything you need to feel better, live longer, and look great doing it THIS BOOK MAY HELP YOU SAVE A LIFE—YOUR OWN. With health care costs rising, insurance systems in flux, doctors and hospitals overwhelmed, the only person who can really take charge of your health and the health of your family is you. This is your guide. For more than 40 years, Natural Health has been the leading authority on holistic, alternative, and natural healing. Now, for the first time ever, all that science-based,

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expert-driven, research-intensive information has been distilled into one must-have, authoritative guide to healing the self. In these pages, you'll find stunning new research, unparalleled expert advice, how-to health guides, and a scientific, myth-debunking approach to natural remedies. Search for your symptoms. Find your cure. The power is yours. A clean life for you—and your family—starts now. Lose Dangerous Belly Fat, Fast: And keep it off for good. Our all-natural, 10-step program tells you what to eat, drink, and do—with immediate waist-shrinking results. Discover which probiotics help you burn more calories when you eat, which popular, “healthy” nut actually slows your metabolism, and the stealth toxin in your kitchen that activates fat cell growth (eliminate it and slash your risk of obesity by 75 percent!). Look Younger, Feel Younger: Discover the astonishing, inexpensive (and natural!) supplements that tighten skin, increase fat loss, and help build muscle. And learn some simple

recipes for building anti-aging smoothies that turn fresh fruit into wrinkle-erasing superfoods. Sleep Easier Tonight: Conquer fatigue with our 9-step plan to fall asleep quickly—and stay sleeping soundly throughout the night. (Hint: A subtle scent in your bedroom could be part of the problem!) Re-energize Your Love Life. One supplement alone made a whopping 70% of women feel “more satisfied” after sex. Plus: How plant protein can re-energize your ovaries. Turn Up Your Mood Meter. This one green, leafy vegetable has been shown to improve the effects of both Prozac and talk therapy. Cure that Cold or Flu: Stop them before they start, with the newest natural options—one magical berry alone can reduce symptoms by 50 percent. Plus: A homeopathic “flu shot” that’s proven 88% effective. PLUS! THE COMPLETE GUIDE TO HERBAL REMEDIES! A-Z Guide to Healing Herbs: Cure yourself with these 30 essentials, from aloe vera to white willow bark, nature’s relief for migraines, eczema, menopause, UTIs,

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anxiety, depression, and many more. It's your new medicine cabinet, fully stocked. The Get Happy Herb Guide: The serenity savers (lemon balm, kava kava) and bliss boosters (chocolate, milk thistle) guaranteed to raise your spirits. The Best Herbs for Women: These 12 will ease your mood swings, headaches, menstrual cramps, menopause, with no nasty side effects. A must-read for husbands, too. AND! Yoga, meditation and Ayurvedic therapies: The latest science on treatments and classes, with complete how-to guides for at-home use. The Doctor's Book of Natural Health Remedies—in a world of questionable cures, it's the one book you can trust.

The Woman's Book of Healing Herbs - Sari Harrar 2000-02

Herbal Medicine for Women Only! In this elegantly illustrated book, top herbalists offer inside advice on how to use herbs to look and feel your best, relieve more than 125 common health problems, and strengthen your immunity

against illness. You'll find: * Step-by-step directions for making your own herbal medicines * Dosage and recommendations for hot new herbs like black cohosh-- "nature's estrogen"-- and kava-kava, the popular anti-anxiety herb * Special sections on aromatherapy, dream pillows, and herbs for rejuvenation and relaxation * Herbal remedies for female-only problems like morning sickness and PMS, plus much more This beautiful book also features: * Lavishly illustrated profiles of 50 top healing herbs for women, from aloe to yellow dock * Full-color photographs, including herbs in their native settings * Recipes for medicinal teas, soups, formulas, and blends "The Woman's Book of Healing Herbs" is perfect for women who are looking for simple ways to use medicinal herbs to treat everyday health problems, relieve stress, and beautify their skin, hair, and nails. About The Authors: Sari Harrar is Health News Editor for "Prevention" magazine and co-author of "Fat to Firm at Any Age," among other health books.

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Sara Altshul O'Donnell is Alternative Medicine Editor for "Prevention" magazine and co-author of "Women's Choices in Natural Healing,"
A Woman's Book of Herbs - Elisabeth Brooke
2018-08-29

A Woman's Book of Herbs is an extensive guide to using herbs for healing the mind, body, and spirit. This book is bursting with definitive information on a broad range of herbs including where, when, and how to collect them and the best methods for drying, storing, and preparing them. Readers will also discover herbs' many physical, emotional, and ritual uses, their mythological history and astrological significance, and their main chemical components. Recipes for herbal food, drinks, and medicines are also provided. Infused with the author's empowering holistic approach to healing and backed by her firm belief that women should have an understanding of and control over the causes of ill-health and the variety of healing processes, *A Woman's Book of*

Herbs is a unique and indispensable work. This is a reissue of the much-loved classic, first published in 1992.

The Lost Book of Herbal Remedies - Nicole Apelian 2019-07-07

304 color pages, paperback, improved print quality, and a lot more plant identification details. This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. *The Lost Book of Herbal Remedies* has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book

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was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful "relieving" extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and

on because this book contains no less than 800+ other medicinal plants and natural remedies.

Like a Natural Woman - Ziba Kashef 2001
A comprehensive guide for African-American women that explains a variety of alternative techniques and therapies that promote personal health and well being.

Homemade Herbal Remedies - Dr Sebi Alex
2020-11-07

In this great book of herbal healing, Dr. Sebi Alex a world renowned pathologist, herbalist and naturalist, and a best-selling author shows you how to use different common herbs to safely address a wide range of everyday ailments. He compressively offers dozens of easy-to-make recipes for herbal remedies that will soothe your woes without the harsh ingredients found in commercial pharmaceuticals. Keep your family happy, healthy, and safe with the natural healing power of herbs. GET YOUR COPY OF THIS BOOK TODAY

[Natural Remedies for Women's Health](#) - Fern

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Green 2020-04-14

Natural Remedies for Women's Health brings you plant-based solutions to everyday ailments, harnessing the power of the organic world to keep you well. Try an Anxiety Relief Smoothie, a Hot Flush Tincture or a Shiny Hair Tonic - all made in your own home with healing herbs and natural ingredients and none of the side effects that come with pharmaceutical remedies.

Discover teas, tonics, smoothies, tinctures and salves to rebalance and restore your body naturally. Learn how to support your body through menstruation, perimenopause and menopause; and to manage stress, anxiety and your skin health.

Herbal Medicine & Natural Remedies 101 -

Ella Strickland 2023-08-18

Are you ready to embark on a journey of holistic well-being and natural vitality? Dive into the world of "Herbal Medicine & Natural Remedies 101," a comprehensive guide that brings the ancient wisdom of herbs to modern life. This

book is your gateway to discovering the remarkable healing potential that nature offers, from soothing stress to supporting the immune system and nurturing beauty from within.

Unlock the Magic of Herbs: In this enlightening guide, you'll explore the rich tapestry of herbal medicine. Uncover the secrets of selecting, preparing, and using herbs to address a wide range of health concerns. With 15 captivating chapters, each dedicated to a specific aspect of well-being, you'll discover: The power of herbal infusions, decoction, and tinctures for crafting potent remedies How to build your own herbal medicine cabinet for common ailments Herbs that promote immune system strength and resilience Natural solutions for stress and anxiety to bring tranquility to your life Enhancing your beauty regimen with herbs that nurture your skin and hair Supporting women's health and hormonal balance with gentle remedies Managing pain, inflammation, and respiratory discomfort with nature's remedies

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Nurturing children's wellness through the gentle power of herbs And much more, including reflections on holistic well-being and the mind-body connection Holistic Healing for Modern Times: "Herbal Medicine & Natural Remedies 101" is your companion for embracing the healing potential of the natural world. Whether you're new to herbal remedies or a seasoned enthusiast, this book offers practical insights, detailed information, and step-by-step guidance for integrating herbs into your daily life. Discover the joy of crafting your own herbal remedies, harnessing the therapeutic properties of plants, and experiencing well-being that resonates on every level. Embrace the beauty of holistic health as you unlock the magic of herbal medicine and tap into the timeless wisdom of nature. Are you ready to embark on a journey of vitality, wellness, and connection to the natural world? Order your copy of "Herbal Medicine & Natural Remedies 101" today and start embracing the healing power of herbs.

Herbal Healing Secrets for Women - Laurel Vukovic 2000

From a leading authority on herbal remedies, a practical guide to optimal healing through the power of herbs--with an emphasis on the special needs of women over forty. Line drawings.

The Herbal Healing Handbook - Cerridwen Greenleaf 2020-12-01

A spiritual guidebook to treating ailments and preventing illness using plants, essential oils, aromatherapy, and other natural elements. Bestselling author Cerridwen Greenleaf shares the healing power of plants, roots, herbs, essential oils, aromatherapy, and all things natural remedies. If you are tired of automatically turning to chemical treatments, or just want to have more plant-based care options, *The Herbal Healing Handbook* is the book for you. While health care debates rage all around us, one way to take good care of yourself and your loved ones is with the "kitchen cabinet cures" in this book. When our great

grandmothers needed to attend to the cuts, bruises, colds, flu's fevers, and other illnesses their family suffered, they didn't have a corner drugstore. Instead, these wise women relied on simple wisdom, common sense, and pantries well stocked with herbal remedies. These preparations were made from plants that grew in the kitchen garden or wild weeds gathered outside. The Herbal Healing Handbook combines the wisdom of our elders with a modern kitchen herbalist's sensibility. In The Herbal Healing Handbook you will: Learn about natural remedies you can make yourself Treat inflammation and pain Build energy Improve your attitude and mindset Gain key knowledge about plants, roots, essential oils, and aromatherapy Perfect for readers of The Healing Power of Essential Oils, Encyclopedia of Herbal Medicine, or The Green Witch.

The Art & Practice of Spiritual Herbalism -

Karen M. Rose 2022-02-08

Guided by leading Black herbalist Karen Rose,

discover how to harness the magic of plants and diasporic ancestral practices in remedies and ritual. Master Herbalist Karen Rose is a first-generation immigrant from Guyana with ancestors from Ghana, the Congo, China, and India who continues her grandmother's legacy as a healer and herbalist. In *The Art & Practice of Spiritual Herbalism*, she shares her wisdom on how to partner plants and rituals to guide the process of self-healing. As you alleviate physical symptoms and heal emotional and spiritual imbalances, you will see how plants can help you stand in your power, strengthen your intuition, and provide protection. This guide to harnessing the power of plants is a practical tool for working through the symptoms of body disease and the underlying emotional and spiritual issues. Organized by major body systems—circulatory, respiratory, digestive, liver, sexual, skin, nervous systems, and immune health—*The Art & Practice of Spiritual Herbalism* gives a brief overview of the physical

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mechanisms of the system, the spiritual correspondences associated with that system, and the plants, remedies, and rituals that can be used to bring oneself back to healing and balance. Accompanied by beautiful color illustrations of the plants, the organs they affect, and their related spirits, or orishas, each plant profile includes: Botanical and pharmacological information Planetary correspondences Ethnobotanical and historical use Healing properties and indications Methods of preparation and dosage Applying this herbal wisdom, the recipes include: 4th Chakra Heart Oil for healing a broken heart, also helpful for healing generational trauma Inspired Sleep and Dreams Tea to inspire dreams Breathe Easy Steam to improve respiratory health Immunity Chai Tea to fight off cold and flu viruses Laying Hands Stomach and Womb Oil for indigestion and menstrual discomfort A Castor Oil Pack for Liver Health to remove pain and swelling from sprains and bruises Filled with stories, ancestral

recipes, and accessible practices that anyone can use, *The Art & Practice of Spiritual Herbalism* shows you how to use the power of plants for spiritual and physical healing.

The Everything Guide to Herbal Remedies -

Martha Schindler Connors 2009-05-18

Beat the blues with St. JohnÆs Wort. Improve your memory with ginseng. Calm down with chamomile. People have used herbs and other plants for thousands of years to improve health and vitality. This practical guide reveals the timeless healing power of the best herbs and natural remedies available today. You learn how to strengthen immunity, ease hormonal mood swings, and treat such common ailments and conditions as: Aches and Pains Allergies Psychological and emotional issues Digestion problems With this guide, you have the information you need to enjoy a happier, healthier life!

The Healing Power of Herbs -

Tina Sams 2019-01-15

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The Healing Power of Herbs will help you confidently grow, prepare, and use herbs to treat and nurture yourself and your family. For hundreds of years, herbs have been sourced for their countless benefits to our minds and bodies. Today, as information about herbal medicine is more widely available, more and more people are creating and using their own herbal remedies right at home. The Healing Power of Herbs delivers comprehensive descriptions of 30 vital herbs that are easy to find and grow, along with simple guidance for using them for your specific medicinal needs. The Healing Power of Herbs strips away the mystery of herbal medicine by revealing exactly how to get the most out of the herbs that surround us--many of which you already have in your kitchen--and feel empowered using them. From teas and tinctures to syrups and salves, The Healing Power of Herbs will arm you with the knowledge you need to confidently treat common ailments with nature's most healing remedies. Inside the pages

of The Healing Power of Herbs you'll find: PROFILES OF 30 ESSENTIAL MEDICINAL HERBS that include both commonly and lesser known uses, along with tips for successfully growing and harvesting them. GUIDANCE FOR SELECTING THE RIGHT HERBS based on your exact needs and the therapeutic properties of each plant. A VARIETY OF PREPARATION METHODS that feature recipes for making everything from virus-fighting elixirs, to sore muscle rubs, to tasty treats that kids will love! With The Healing Power of Herbs you will build a solid foundation for growing, preparing, and using 30 powerful herbs to treat, heal, and care for yourself and those you love.

Herbs for Common Ailments - Rosemary Gladstar 2014-11-14

In this Storey BASICS® guide, best-selling author and master herbalist Rosemary Gladstar shows you how to use 56 common herbs to safely address a wide range of everyday ailments. Covering everything from burns, wounds, and

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bruises to headaches, congestion, and insomnia, Gladstar offers dozens of easy-to-make recipes for herbal remedies that will soothe your woes without the harsh ingredients found in commercial pharmaceuticals. Keep your family happy, healthy, and safe with the natural healing power of herbs.

Herbal Healing for Women - Rosemary Gladstar
1993-11-10

Gladstar interweaves folk wisdom, her own experience as an herbalist, and sound medical principles in a guide to women's health that is at once poetic, intriguing, and eminently practical. Illustrated.

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