

Complete Guide To Medicinal Herbs By Penelope Ody

A practical guide to herbs and their healing properties features more than 250 remedies for a wide variety of ailments, accompanied by an A-to-Z directory of 120 medicinal herbs.

In the tradition of the bestselling *Alchemy of Herbs*, *The Complete Guide to Adaptogens* details the benefits of twenty-four adaptogenic herbs, and includes more than seventy-five recipes that target specific wellness categories such as sleep, mental focus, beauty—and more! Adaptogens are a unique class of herbs that greatly improve your body's reaction to emotional and physical stress, while also increasing your energy, stamina, endurance, and mental clarity. Recent studies support what practitioners of Indian Ayurveda and traditional Chinese medicine have known for centuries—these herbs such as Rhodiola, ginseng, licorice, and more, have many health and wellness benefits and are safe for long-term use. Whether you're interested in honing your mental abilities to a razor-sharp level, want to boost your athleticism, or are looking for ways to elevate your healthy lifestyle, adaptogens have so much to offer for everyday well-being. In *The Complete Guide to Adaptogens*, you'll learn about the numerous benefits of twenty-four popular adaptogenic herbs, including Rhodiola, Ashwagandha, Maca, He Shou Wu, and Holy Basil. You'll also find more than seventy-five easy recipes for potions and remedies to improve sleep, mood, mental focus, immune function, stamina, as well as general wellness and beauty. These all-natural, safe remedies fight the effects of chronic stress, while restoring your body's balance, health, and vitality.

Describes the healing properties of more than one hundred herbs and lists useful herbal treatments for hundreds of common ailments

Complete Medicinal Herbal is a fully illustrated practical guide to the healing properties of herbs. The book includes more than 120 medicinal herbs with important therapeutic properties and a section on their historical uses, *The Complete Medicinal Herbal* is a must for every home book shelf. All the parts of the plants that can be used medicinally are shown, from fresh flower petals or leaves to the root, bark, and juice. Each entry details the plant's chemical constituents, its actions, and its therapeutic applications—from exotic ma huang, used in China to treat asthma for 5,000 years, to humble cabbage, which has been effective against stomach ulcers in clinical tests. A special how-to section explains the preparation of herbal remedies. There are more than 250 safe treatments to help alleviate common complaints—from ordinary coughs, colds, and headaches to special treatments for skin conditions, digestive problems, and children's illnesses — even detailed lists of herbs for the elderly.

The Organic Medicinal Herb Farmer

The Complete Guide to Healing Common Ailments with 29 Healing Herbs to Know, Grow, and Use

The Complete Book of Herbs and Spices

An Ultimate Guide to Medicinal and Culinary Herbs: (Healing Herbs, Healthy Healing)

The Earthwise Herbal, Volume II

100 Medicinal Herbs and How to Use Them

Medicinal Herbs for Beginners

Offers proven herbal remedies for such common conditions as headaches, anxiety, fatigue, and allergies, explaining how to select and prepare healing herbs and listing interactions and other safety information. Original.

This book will guide you through the step-by-step process of learning about and growing your own healing herbs, starting with the basics of what each herb can do and proceeding to show you everything you need to cultivate them yourself. The first things you will learn in this guide are the basics of all healing herbs, starting with a complete breakdown of the numerous healing herbs known to be easily cultivated in temperate climates. Matching the right herbs to your region, you will then be able to start learning about how herbs grow, as well as what they need, what they need from the soil, water, the weather, and feeding. You will learn which plants grow best together and which style of herbs are going to be best for selling and which are best for personal growing. Experts in the field of healing herbs have provided their insights into issues such as how to harvest the healing herbs best and how to dry or preserve them for use as healing materials. Learn how you can make a number of common treatments for various ailments with your herbs and how you can benefit best from your newfound gardens.

This beautifully illustrated, complete guide to herbs unlocks the secrets of these wonder plants—from planting and harvesting to cooking and storing—including their health benefits. Now you can discover the joy and pleasure of growing your own herbs—for spicing up meals, creating crafts, treating ailments, and more. In this comprehensive and beautifully illustrated herbal guide you'll find information on their history, cultivation, propagation, and harvesting, along with a wealth of great ideas for using herbs everyday in a variety of ways. This guide unravels the mysteries of these versatile plants, with savvy tips and simple formulas for maximizing their powers. Did you know? · Mint can repel ants, flies, mice, and moths · Garlic can seriously lower cholesterol · Chives, fennel, tarragon, thyme, oregano, and winter savory are perennials · Rosemary was used in the Middle Ages for its tranquilizing effects, and it is still a digestion aid Known for alleviating common ailments, herbs are an ancient natural wonder—herbs are hotter than ever. Extremely informative and fascinating, this book will help you find which herb can treat various complaints. Throughout the guide are instructions for bursting-with-flavor recipes, health-care products, decorative craft ideas, insect repellents, cosmetics, cleaning agents, and much more.

*Noted herbalist Matthew Wood brings twenty-five years of clinical experience to this comprehensive book on medicinal plants. The first in a two-volume set, *The Earthwise Herbal* profiles Old World plants (volume two will treat American plants). Organized alphabetically, the book encompasses all of the major—and many of the secondary—herbs of traditional and modern Western herbalism. Author Wood describes characteristic symptoms and conditions in which each plant has proved useful in the clinic, often illustrated with appropriate case histories. In addition, he takes a historical view based on his extensive study of ancient and traditional herbal literature. Written in an easy, engaging, non-technical style, *The Earthwise Herbal* offers insight into the “logic” of the plant: how it works, in what areas of the body it works, how it has been used in the past, what its pharmacological constituents indicate about its use, and how all these different factors hang together to produce a portrait of the plant as a whole entity. Ideal for beginners, serious students, or advanced practitioners, *The Earthwise Herbal* is also useful for homeopaths and flower essence practitioners as it bridges these fields in its treatment of herbal medicines.*

The Complete Guide to Natural Healing

Harvest and Make Your Own Herbal Remedies

The Complete Guide to Growing Healing and Medicinal Herbs

The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs

Your Quick Reference Guide to Healing Herbs & Remedies

The Complete Guide To Herbal Medicines

National Geographic Complete Guide to Herbs and Spices

Offers everything you need to know about how herbs and spices can enhance your cooking and improve your life.

An all-encompassing resource to herb gardening provides customized instruction for the USDA Zones three through six, covering such topics as seedling care, container gardening, and herb processing, in a volume complemented by eighty recipes and profiles of seventy-five herbal

plants. Original.

This Book provides all the basics Herbal Healing, starting with a complete breakdown of Essential Healing Herbs, health uses and common uses. Plants have been used for medicinal purposes long before the prehistoric period. Ancient Chinese writings and ancient Unani manuscripts Egyptian papyrus described the use of herbs. Evidence exists that Indian vaid, Unani hakims, European and Mediterranean cultures were using herbs for over 4000 years as medicine. Treatment with medicinal plants is considered very safe as there is no or little effects. These remedies are synchronization with nature, which is the biggest advantage. However, the golden advantage is that, use of herbal treatment is independent of any age groups or sexes. This book will guide you through: - Importance of medicinal plants - Essential type of medicinal plants - Benefits of Herbal medicine - Herbal medicine precaution - Standardization and regulation - Adverse effect of herbal medicine and drug interaction - Medicinal plants for common ailments - Herbal medicine for weight loss - Herbal medicine for energy and vitality - Herbal remedies for anxiety and depression Learn how you can make various regular treatments for different ailments with your herbs and how you can profit best from these medicinal plants. A complete guide to herbs and their healing process consist of remedies for various common ailments, such as coughs, colds, headaches, childhood illness, digestive problems, weight loss, energy issues, anxiety and depression issues followed by an A-to-Z used of over 70 medicinal herbs.

Enjoy a thriving, fragrant herb garden and use your harvest to bring beauty, flavor, and health to your everyday life. Tammi Hartung provides in-depth profiles of 101 popular herbs, including information on seed selection, planting, maintenance, harvesting, and drying. Hartung also shows you how to use your herbs in a variety of foods, home remedies, body care products, and crafts. Whether you're a seasoned herbalist or planting your first garden, Homegrown Herbs will inspire you to get the most out of your herbs.

The Complete Illustrated Book of Herbs

The Complete Guide Medicinal Herbal

Herbal Medicine for Beginners

Natural Health Magazine Complete Guide to Safe Herbs

33 Healing Herbs to Know, Grow, and Use

A Complete Guide to Growing, Harvesting, and Using Healing Herbs

How to Grow, Store, and Maximize Their Medicinal Power

??? 55% OFF for Bookstores! Now at \$ 39,95 instead of \$ 49,97 ??? Take control of your health and learn how to use herbs safely and effectively to prevent and fight off a wide range of viral infections! Your Customers Will Never Stop to Use this Awesome Book! Discover the power of natural medicines and herbs to eradicate your viral infections and discover how these natural remedies can help keep you and your family healthy and strong. You don't need to buy hundreds of hard-to-find herbs to start your journey with herbal medicine. Herbal Medicine for Beginners shows you how to use a few important herbs to promote the body's ability to fight infection and heal naturally. Buy it now and let your customers get addicted to this amazing book!

A new approach to growing local medicine, including information on geo-authenticity, wildcrafting, and developing a good business plan Both a business guide and a farming manual, The Organic Medicinal Herb Farmer will teach readers how to successfully grow and market organic medicinal Western herbs. Whether you're trying to farm medicinal plants, culinary herbs, or at-risk native herbs exclusively or simply add herbal crops to what you're already growing, successful small-scale herb farmers Jeff and Melanie Carpenter will guide you through the entire process—from cultivation to creating value-added products. Using their Zack Woods Herb Farm in Vermont as a backdrop, the Carpenters cover all the basic practical information farmers need to know to get an organic herb farm up and running, including: • Size and scale considerations; • Layout and design of the farm and facilities; • Growing and cultivation information, including types of tools; • Field and bed prep; • Plant propagation; • Weed control, and pests and diseases; • Harvesting, as well as wild harvesting and the concept of geo-authentic botanicals; • Postharvest processing; and, • Value-added products and marketing. The authors also provide fifty detailed plant profiles, going deeper into the herbs every farmer should consider growing. In an easy-to-understand, practical, and comprehensive manner, readers will learn how to focus on quality over quantity, and keep costs down by innovating with existing equipment, rather than expensive technology. Market farmers who have never before considered growing medicinal herbs will learn why it's more important to produce these herbs domestically. The Organic Medicinal Herb Farmer makes a convincing case that producing organic medicinal herbs can be a viable, profitable, farming enterprise. The Carpenters also make the case for incorporating medicinal herbs into existing operations, as it can help increase revenue in the form of value-added products, not to mention improve the ecological health of farmland by encouraging biodiversity as a path toward greater soil health.

Presents a comprehensive, full illustrated reference on the fifty most commonly prescribed herbal remedies, furnishing a detailed description of each herb, as well as information on potential side effects, drug interactions, and therapeutic uses, covering such herbs as Goldenseal, Burdock, Tumeric, Evening Primrose, and Aloe Vera, among others. Simultaneous.

Offers advice on herbal healing, includes an encyclopedic review of health conditions that herbal medicine can help, and discusses 180 herbs with information on dosages, food and drug interactions, benefits, and side effects.

The Practical Herbal Medicine Handbook

The Medicinal Gardening Handbook

The Complete Guide to Medicinal Herbs

Everything You Need to Know Explained Simply

Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide

From Ashwagandha to Rhodiola, Medicinal Herbs That Transform and Heal

The Complete Guide to Medicinal Plants and Herbal Healing

Two prominent pharmacists offer this guide to herbal remedies, featuring more than three hundred herbal medicines, along with a glossary of medical terms and detailed descriptions of each remedy, potential drug interactions, dosages, and more. Original.

You Are One Click Away From Learning How To Unleash The Healing Powers Of Herbs and Plants! When most of us see or think about herbs, we don't think of them as potent cures for different ailments - we just think of the delicious soups and stir fries we can make with them. However, as well as the amazing tastes they give us, herbs contain potent properties that can provide a huge array of health benefits ranging from cardiovascular to digestive - and much more. I know, you are wondering... What herbs and plants are great for which diseases or conditions? How do you prepare herbs for each different disease or condition? How do you make sure you stay safe as you start using herbs to cure diseases or conditions? How do you go about identifying and collecting the best herbs and plants for a specific condition? For the answers to these, and other related questions, keep reading... This audiobook covers the ins and outs of how to unleash the potent properties in different herbs to derive the health benefits hidden inside them. Here is what to expect: Twenty-nine different varieties of herbs and plants and what each one can treat How to identify the best herbs to use How to identify poisonous herbs you need to avoid How to identify herb intoxication Steps to take to preserve harvested herbs And so much more Even if you are new to the subject of medical herbs, this audiobook will teach you all you need to know about them, so you can eat them, not only for their nutritional value, but also for their medicinal properties. Click Buy Now to get started!

This book is packed with informative information on how to naturally prevent, treat and overcome hundreds of common conditions that affect our society on a daily basis. Stacey Chillemi and Dr. Michael Chillemi the authors enlighten the readers by giving a clear understanding on how to get started. The author's purpose is to teach how alternative medicine, herbals, foods, fruits, and vitamins do not just to keep us alive, but they are used as a medicine too. Natural Remedies for Common Conditions provides you with the stepping-stones and techniques to prevent, treat, and overcome conditions the natural way. The authors provide the reader with extraordinary tools and techniques that help you obtain and reach optimum health. This is an excellent book to help prevent, treat and overcome conditions. It is packed with phenomenal advice. Natural Remedies for Common Conditions is the perfect guide to help anyone who has a quest to stay healthy and maintain optimum health. A resource organized by body system lists the key herbal remedies available, their uses and cautionary advice, in a book that includes full-color photos, a glossary and several thematic indexes. A Natural Approach to Healing the Body and Maintaining Optimal Health Using Herbal Supplements, Vitamins, Minerals, Fruits, Vegetables and Alternative Medicine

Powerful Medicinal Herbs

Herbs

The Doctor's Complete Guide to Healing Herbs

Complete Guide to Medicinal Herbs

Homegrown Herbs

A Complete Guide of the Most Powerful Healing Herbs for Rejuvenating the Body and Maintaining Proper Body Health

Herbs - Healing Herbs for Beginners - The Ultimate Guide to Growing Herbs and Natural Remedies Using medicinal herbs has been proven to be very effective and helpful to people especially it uses components from nature compared to drugs that are manufactured with mixed chemicals on it. Herbal medicine means like what the name represents. Plants are used for medicinal purposes. History shows that even in the ancient times, plants were already used to heal people and this had been passed along from one generation to another up until now. Herbal medicine is also called as an alternative medicine.

A comprehensive and practical reference to using medicinal herbs for natural healing from JJ Pursell, the founder of The Herb Shoppe and one of the leading names in the fields of herbalism and naturopathy.

"Show herbalists-in-training how to use a limited number of versatile, medicinal herbs to craft herbal remedies for common ailments, from allergies to fevers to headaches"--Publisher marketing.

This book will show you the most powerful medicinal herbs; parts of the world where they are located, their health benefits and how they acts as food supplement. These herbs are particularly very important as herbal remedies for life common ailments. It profiles about 15 most powerful herbal plants

The Herbal Apothecary

The Healing Herbs

Grow Medicinal Herbs to Fill Your Herbalist Apothecary with Natural Herbal Remedies and Plant Medicine

The Ultimate Guide to the Curative Power of Nature's Medicines

National Geographic Guide to Medicinal Herbs

The Ultimate Guide to Producing High-Quality Herbs on a Market Scale

The Complete Medicinal Herbal

A thorough guide to safely combining human-made medications and nutritional supplements with herbs and other foods that promote healing and wellness is filled with a wealth of advice, photographs, artwork, and charts about 175 of the most effective and safest herbs.

Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Herbs An Ultimate Guide To Medicinal And Culinary Herbs When you pay for herbs from the shelves of your local supermarket, you're not only getting an inferior product, which has probably been in storage for way longer than you know. You're also paying far too much for something that will freely grow, with very little care required on your part. What you'll find in this book: An introduction to using fresh herbs, over store bought ones. The best herbs to choose for your cooking, which you can grow yourself. Herbal remedies for the cold and flu season. Herbs that you can use for losing weight. Health boosting herbs that you can consume every day for general wellness. A complete guide to growing your own herbs from seeds. How to properly store and preserve your home grown herbs for future use. This includes fresh storage, drying, and freezing. There's no reason to miss out on having

delicious, fresh herbs every day! Download your E book "Herbs: An Ultimate Guide To Medicinal And Culinary Herbs" by scrolling up and clicking "Buy Now with 1-Click" button!

This book provides all the basics herbal healing, starting with a complete breakdown of essential healing herbs, health uses and common uses. Plants have been used for medicinal purposes long before the prehistoric period. Ancient Chinese writings and ancient Unani manuscripts Egyptian papyrus described the use of herbs. Evidence exists that Indian vaidas, Unani hakims, European and Mediterranean cultures were using herbs for over 4000 years as medicine. Treatment with medicinal plants is considered very safe as there is no or little effects. These remedies are synchronization with nature, which is the biggest advantage. However, the golden advantage is that, use of herbal treatment is independent of any age groups or sexes. This book will guide you through: Importance of medicinal plants Essential type of medicinal plants Benefits of Herbal medicine Herbal medicine precaution Standardization and regulation Adverse effect of herbal medicine and drug interaction Medicinal plants for common ailments Herbal medicine for weight loss Herbal medicine for energy and vitality Herbal remedies for anxiety and depression Learn how you can make various regular treatments for different ailments with your herbs and how you can profit best from these medicinal plants. A complete guide to herbs and their healing process consist of remedies for various common ailments, such as coughs, colds, headaches, childhood illness, digestive problems, weight loss, energy issues, anxiety and depression issues followed by an A-to-Z used of over 70 medicinal herbs.

From the creators of the New York Times bestseller Essential Oils for Beginners, The Practical Herbal Medicine Handbook offers basic techniques and effective herbal treatments for everyday ailments, wellness and beauty. The Practical Herbal Medicine Handbook provides more than 100 everyday herbal remedies to treat common ailments such as headaches, bruises and leg cramps. It also includes a beginner's guide to buying, growing and preparing herbal medicines. With the A-Z apothecary, you will discover the 44 most common and effective healing herbs. You can reduce stress and enhance your memory naturally with herbal remedies for your mental health and wellbeing. The Practical Herbal Medicine Handbook helps you take your health into your own hands with time-tested treatments.

A Complete Guide for North American Herb Gardeners: Includes Zones 3-6

The Comprehensive Guide to Herbalism for Beginners (2 Books in 1)

The Herb Society's Complete Medicinal Herbal Healing Herbs

Essential Medicinal Plants

Remedies, Seasonings, and Ingredients to Improve Your Health and Enhance Your Life

A Practical Guide to Medicinal Herbs with Remedies for Common Ailments

In this companion volume to The Earthwise Herbal: A Complete Guide to Old World Medicinal Plants, Matthew Wood, an expert herbalist who has used medicinal herbs with tens of thousands of patients over a twenty-five-year career, provides detailed descriptions of New World (North American) herbs and their uses. Organized as a materia medica (names and descriptions of herbs/plants are listed alphabetically), the book explains the use of the whole plant (not just "active ingredients") in the treatment of the whole person and describes symptoms and conditions that the plants have been successful in treating—from digestive ailments, headaches, and high blood pressure to asthma, skin rashes, and allergies, to name a few. Wood, who has systematically studied ancient and traditional herbal literature, takes a historical view and presents information in a thoughtful, engaging, nontechnical style. In addition, he provides remarkable case studies as well as insight into the "logic" of each plant—its current and past usage, pharmacological constituents, and other elements that together produce a comprehensive portrait of each herb.

Dig into the world of herbal medicine with this complete guide to cultivating and harvesting plants with healing properties. For thousands of years people have been utilizing herbs and cultivating weeds found to speed the healing of wounds, soothe skin irritations, calm uneasy stomachs, and ward off illnesses. Now you can plan and grow your own garden first aid kit. In these pages, you'll learn the basics of gardening in your backyard—or on your windowsill or porch—including instructions for preparing soil, composting, and weeding. You'll then find detailed descriptions of the twelve most common, easy-to-grow, most useful healing herbs, with instructions for growing, harvesting, and utilizing them. These powerful plants include: • Garlic, which boosts immunity, reduces blood pressure, and combats cancer • Echinacea, which reduces inflammation, boosts immunity, and has antiviral properties • Yarrow, which accelerates the healing of wounds, is an anti-inflammatory, and can relieve PMS symptoms • Elderflower, which is an astringent and can relieve arthritis and soothe sore throats • Mint, which soothes digestive problems, sweetens breath, and can reduce fevers • Elecampane, a respiratory tonic with antibacterial and antifungal properties • And more!

If you want to learn the secret to curing your aches and pains, that you've been overlooking, then keep reading... Cultivating herbs for medical use is an ancient and powerful practice. Ginger to boost your immune system, basil to ease your morning sickness, garlic to soothe your child's cough— all these are there in your own kitchen closet. Plus, 71 more science-backed ailments and their remedies you can have in your backyard at your fingertips. But that's just the beginning... Your body's natural wisdom is just waiting to be unlocked. But our modern, harsh chemicals can block that potential from ever being realized. Written for beginners and experts alike, this comprehensive bundle from herbal mentor Ava Green, you'll learn: How to grow your own herbs in all 13 climate zones How to make your emergency herbal first aid kit How to identify over 40 different herbs in the wild and extract their essence A complete chronological breakdown of herbal medicine, taking you from seed to medicine A list of herbs that lets you find your herbs alphabetically A 'What to use for that' section which lets you look up illnesses fast Simple explanations of gardening, herbal, and medical terms How to make safe, trusted tinctures, poultices, ointments, creams and more that will heal and strengthen YOU and YOUR family Drugs can mask symptoms, but they can't always provide holistic, natural healing. Don't rely on what you don't understand. Empower yourself and your loved ones and grow your own medicine today. Scroll up and click

'Buy now'

Profiles one hundred of the most frequently used medicinal plants, tracing their history, folklore, and healing properties and offering an accessible A-to-Z encyclopedia that lists remedies for common ailments. Reprint.

The Ultimate Guide to Home-Grown Herbal Remedies

Healing Herbs, Healing Herbs Book, Healing Herbs Guide, Natural Remedies, Herbal Tips

Herbal Medicine for Beginners: The Ultimate Guide to Healing Common Ailments With Medicinal Herbs Backyard Medicine

A Complete Guide to Growing, Using, and Enjoying More than 100 Herbs Medicinal Herbs

Your Guide to Healing Common Ailments with 35 Medicinal Herbs

This text includes special illustrated features on groups of herbs that have become increasingly popular for medicinal reasons in recent years, including Australian bush plants, South American and Indian herbs.

The Most Thorough Compilation of Home Cures and Remedies Yet! Years ago, every household practiced natural healing by using what they had. Plants grow abundantly all over our roadsides, cities, and in your own backyard, and though once valued and widely used, they've fallen out of fashion over time as people forget the numerous medicinal uses at our fingertips. This book brings alternative medicine back to the forefront. Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, The Big Book of Backyard Medicine is the basis for a veritable natural pharmacy that anyone can create. Featuring one hundred specific plants and their associated remedies, and fully illustrated with hundreds of color photographs, this book offers fascinating insights into the literary, historic, botanical, and global applications of common wild plants and herbs that can be used in medicines, including: Ash Chicory Dandelion Forget-me-not Gypsywort Horseradish Mint Red Poppy Thistle Wild carrot Willow And so much more! Anyone who wants to improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home and garden.

Dig into the world of herbal medicine with this complete guide to cultivating and harvesting plants with healing properties. For thousands of years, people have been utilizing herbs and cultivating weeds found to speed the healing of wounds, soothe skin irritations, calm uneasy stomachs, and ward off illnesses. In these pages, you'll learn the basics of gardening in your backyard or on your windowsill or porch including instructions for: Garden design Composting Garden maintenance Harvesting Recipes for salves, lotions, and poultices And more! You'll also find profiles of useful herbs that are easy to grow or wildcraft, along with inspiring stories, medicine-making instructions, and recipes for your home medicine chest. Known to boost immunity, reduce blood pressure, aid digestion, and relieve arthritis among other medicinal properties, powerful plants such as garlic, Echinacea, yarrow, elderflower, mint, elecampane, and many more are included in this illustrated guide.

Craft a soothing aloe lotion after an encounter with poison ivy, make a dandelion-burdock tincture to fix sluggish digestion, and brew up some lavender-lemon balm tea to ease a stressful day. In this introductory guide, Rosemary Gladstar shows you how easy it can be to make your own herbal remedies for life's common ailments. Gladstar profiles 33 common healing plants and includes advice on growing, harvesting, preparing, and using herbs in healing tinctures, oils, and creams. Stock your medicine cabinet full of all-natural, low-cost herbal preparations.

The Complete Guide to Adaptogens

A Practical Guide to the Healing Properties of Herbs

The Big Book of Backyard Medicine

The World's Most Effective Healing Plants

Herbs - Healing Herbs for Beginners - The Ultimate Guide to Growing Herbs and Natural Remedies

A Complete Guide to New World Medicinal Plants

Your Comprehensive Reference to the Best Herbs for Healing

Backyard Medicine is a beautiful book, packed with nearly 300 color photographs and over 120 herbal remedies that you can make yourself. It gives a fascinating insight into the literary, historic, and world-wide application of the fifty common plants that it covers. It is the sort of book you can enjoy as an armchair reader or use to harvest and make your own herbal remedies from wild plants. Anyone who wants to improve his or her health in the same way that human-kind has done for centuries around the world, by using local wild plants and herbs, will find this book fascinating and useful.

The Green Pharmacy Herbal Handbook

Growing • Health & Beauty • Cooking • Crafts