

Tonics Teas

Describes the health benefits of fruit and vegetable juices, and suggests tonics to alleviate a variety of health problems, from acne and back strain to warts and yeast infections

From New York Times best-selling author and natural-health expert Dr. Joseph Mercola, an illustrated guide and cookbook with smart strategies, cutting-edge research, and 50 delicious recipes to support immunity. For many of us, the COVID-19 pandemic has served as a wakeup call, forcing us to take a frank look at how well our immune systems could serve us during challenging times. Is your immune health up to par? Could it save you from a monumental threat? In this new book packed with up-to-the-minute information and illustrated with gorgeous photography, natural-wellness expert Dr. Joseph Mercola offers a powerful toolkit for strengthening immunity and supporting health. Eating a wide array of herbs and spices on a regular basis, he explains, can go a long way toward strengthening your immune system and preventing illness. And herbs can be much more than mere culinary seasonings. Upgrade Your Immunity with Herbs showcases 19 different medicinal herbs and spices—from Ashwagandha to Echinacea to Rhodiola—and offers ways to use them in delicious and creative preparations for everything from teas and tonics to full meals. And while there's little question that diet is the most important contributor to immune health, Dr. Mercola also shares insight into other factors that play key roles. You'll discover:

- How to know much water you need each day (you may be surprised)
- 11 ways to improve your sleep - and your immunity
- What vitamins and minerals your diet should include
- The common (but easy-to-quit) habit that's linked to cancer, excess inflammation and poor immune health

And more Here is all you need to know to build an immune system you can trust—and eat well in the process.

Elise Collins has created the perfect guide and recipe book of smoothies, teas, and tonics to help us transform our overall health and vitality. Her restorative recipes contain powerful superfoods, herbs, minerals, and ph-balanced liquids designed to nourish the physical body and revitalize its central energy system--the chakras. In Chakra Tonics, Collins outlines a brief description of the chakras and addresses the source of health problems in our energetic bodies, describing how the tonics assist the subtle body and chakras to release stale energy that, if not processed, can lead to disease and illness. She also describes ways to use these healthful drinks in combination with yoga techniques in an ongoing preventative manner or in conjunction with a specific meditation, visualization, or affirmation to enhance its power.

Healthy Teas is a delightful introduction to the history and healing properties of green tea, the health benefits of black teas, and the life-enhancing attributes of herbal teas and fruit infusions and decoctions. In this tea cookbook, author Tammy Safi has specially created the recipes to maximize the health benefits of all tea ingredients, whether they are fruits, exotic floral blends, or any of the many types of tea leaves. Inside, you'll find more than 80 easy recipes—from immune-boosting teas to springtime tonics and teas to detox and cleanse. Discover morning pick-me-ups as well as relaxing teas for stress relief and calming sleep. Tea recipes include: Bilberry and Green Tea Chamomile and Lemongrass Tea Ginger and Peppermint Tea Licorice and Echinacea Tea Ribwort and Eyebright Tea Yarrow and Cinnamon Tea This tea book contains handy definitions of different varieties of tea plus all the necessary background information on ingredients will help you make choices about which teas to drink and how to prepare them. Healthy Teas is sure to become an essential reference for the health conscious and tea lovers alike.

Green, Black, Herbal, Fruit

Invigorating Tonics for the Mind, Body, and Spirit

Healing Teas, Tonics, Supplements, and Formulas

Healing Tonics, Juices, and Smoothies

Essential Elixirs for the Mind, Body, and Spirit

Juices, Smoothies, Teas, Tonics, and Elixirs to Cleanse and Detoxify

972 Teas, Tonics, and Treatments for Arthritis, Back Pain, Headaches, Nausea, Sore Throats, and More!

A Modern Guide to Holistic Health + Wellness with Plants Discover the healing power of plants with Kathi Langelier, the award-winning herbalist behind Herbal Revolution Farm + Apothecary. In this beautiful and inspiring collection, Kathi shares her most popular and effective formulas to support your daily health and wellness. Renew each system of the body with uniquely crafted teas, tinctures, syrups, foods, body products and everything in between. Featured recipes include Elderberry Syrup with Reishi + Roots to strengthen the immune system, Gut-Soothing Tea to nourish your digestive system and Hang in There Elixir to help with anxiety. There is a magic to infusing plants in such simple solutions as water, oil or alcohol, and Kathi guides readers on their herbal journey with the kind of wisdom and care one can only acquire from many years of devoting their life completely to their art. Knowledge is power. Read these recipes, practice, get to know the plants living around you and listen to your body. By joining Kathi and gaining knowledge in this way, you create your own power to heal what troubles you, restore your vitality for life and maintain wellness throughout your body, mind and spirit.

Ombassa Sophera shares age old recipes passed down through generations from the very best of nature--its plants, herbs and fruits. This simple yet powerful book includes recipes that can be used for tub and foot baths, teas, tonics and poultices. After careful research and practice of combining herbal properties, this herbal recipe book is created for the development of ultimate well being, the value of educating oneself and maintaining good cheer in life. Readers get a unique opportunity to explore herbal properties, resolve mental and emotional attitudes with the positive statements provided that evitably lead to ultimate health and well-being. The JOY that comes from taking responsibility for our health and well-being is unsurpassed by none!

Collects natural remedies for health problems accompanied by techniques for relaxation and rejuvenation

Brought to you by Jessica Jean Weston, Holistic Health Coach and Owner/Executive Chef of Superfresh! Organic Café,

Healing Tonics, Juices, and Smoothies provides readers with simple recipes that debunk the fanciful mystery of adaptogens, herbs, superfoods, and fermentation for everyday enjoyment, while still dressing to impress all those who happen to grace your kitchen space. With several staple drinks for day-to-day consumption, medicinal shots for prevention and seasonal wellness, and fermented concoctions for an extra special probiotic-rich kick, there's something for all forms of hydration! As an extra bonus, Weston has included three of her favorite cleanses for detoxing and hitting a reset button during seasonal and major life transitions: Juice cleanse Raw cleanse Ayurvedic-inspired cleanse Along with the recipes, you'll find full-color photographs of the drinks, details on the superfoods that are used to make them, and a comprehensive food glossary.

How to Make and Use Herbal Remedies for Lifelong Vitality. A Storey BASICS® Title

Heinerman's Encyclopedia of Juices, Teas & Tonics

Green Teas and Tonics

Grandma Putt's Home Health Remedies

The Essential Herbal for Natural Health

Herbs for Long-Lasting Health

Simple Recipes for Tonics, Teas, Poultices and Baths

From New York Times best-selling author and natural-health expert Dr. Joseph Mercola, an illustrated guide and cookbook with smart strategies, cutting-edge research, and 50 delicious recipes to support immunity. For many of us, the COVID-19 pandemic has served as a wakeup call, forcing us to take a frank look at how well our immune systems could serve us during challenging times. Is your immune health up to par? Could it save you from a monumental threat? In this new book packed with up-to-the-minute information and illustrated with gorgeous photography, natural-wellness expert Dr. Joseph Mercola offers a powerful toolkit for strengthening immunity and supporting health. Eating a wide array of herbs and spices on a regular basis, he explains, can go a long way toward strengthening your immune system and preventing illness. And herbs can be much more than mere culinary seasonings. Upgrade Your Immunity with Herbs showcases 19 different medicinal herbs and spices-from Ashwagandha to Echinacea to Rhodiola-and offers ways to use them in delicious and creative preparations for everything from teas and tonics to full meals. And while there's little question that diet is the most important contributor to immune health, Dr. Mercola also shares insight into other factors that play key roles. You'll discover: How to know much water you need each day (you may be surprised) 11 ways to improve your sleep - and your immunity What vitamins and minerals your diet should include The common (but easy-to-quit) habit that's linked to cancer, excess inflammation and poor immune health And more Here is all you need to know to build an immune system you can trust-and eat well in the process.

Green teas and tonics are a natural and easy way to improve your health on the go. Want a simple way to refresh your health? Trying to cut back on your daily coffee intake? Need a simple, healthy and delicious way to stay hydrated? Tea is one of the world's most popular beverages. Flavourful and fun, teas and tonics are a healthy solution for those looking for the health benefits of herbs, flowers and berries without any additives, preservatives or dyes. With less than a third of the caffeine in a cup of coffee, teas and tonics are a natural energy boost to kickstart your morning!

Finding the simplest ways to incorporate the most nutritious food ingredient should be compulsory for anyone crafting their own natural medicine. Why? Eating healthy and naturally has never been more challenging. A recent report showed that over 64% of vegans found it challenging to keep up to the demands of the alkaline vegan lifestyle. More than half this number considered a modern healthy vegan living harder than it was barely 10 years ago. How can we deal with this? Today, alkaline vegans agree that the entrance of Sea moss into our core food values has never come at a better time. Still, alkaline vegans struggle on what to make of this amazing food. In this book, we have analyzed everything you need to know about sea moss, why you need it and how you can make it - in fact, we have carefully curated over 100 of the best recipes that incorporates sea moss in so many ways you'd enjoy: Nourishing smoothies Invigorating Juices Crunchy Bars Desserts Revitalising Soups Cripsy Bites

As modern medicine has begun to appreciate the wisdom behind traditional healing foods and beverages, restorative elixirs have moved to the forefront of natural remedies. The science of phytochemicals, or plant compounds, has shown that many components of everyday foods have significant medicinal potency. Robert A. Barnett, distinguished food and health journalist and an early proponent of the long-term health benefits of ordinary foods, brings tonics into your kitchen with this comprehensive guide. Learn how a spring tonic made from fresh dandelion helps cleanse the liver and why for centuries the Chinese have used angelica root as a soup ingredient to improve circulation. More than 100 recipes for healthful tonics include both the familiar and the arcane, from chicken soup for colds to the antiviral properties of shiitake mushrooms. Sweet cabbage juice can soothe the stomach and a traditional Indian fennel tea recipe will help treat a sore throat. Home-brewed celery tonic, sold in New York delis for generations, contains natural ingredients that have been shown to lower blood pressure. Not all tonics are in liquid form. Barnett recommends a little onion and chili pepper to clear sinuses, and a delicious red wine sorbet to ward off heart disease. A salad of baby artichokes dressed with extra-virgin olive oil, fresh lemon juice, capers and garlic stimulates bile secretions, lowers cholesterol, inhibits blood clotting and, when served with some crusty bread and goat cheese, makes a tasty main course. From curing colds to lessening depression, your refrigerator and kitchen cabinets are full of simple ingredients whose restorative powers can improve your health and well-being today. No longer dismissed as mere folk wisdom, tonics are drawing increasing attention from medical professionals. So get out your blender and let Bob Barnett show you how to mix up a tall, cool and healthy one.

Healthy Teas

The Herbal Home Remedy Book

Tisanes, Cordials and Tonics for Health and Healing

The Big Book of Healing Drinks

The Woman's Book of Healing Herbs

Chinese Tonic Herbs

Tea-Vitalize: Cold-Brew Teas and Herbal Infusions to Refresh and Rejuvenate

Rosemary Gladstar shows you how to enhance your well-being in middle age and beyond using herbal remedies that effectively and safely promote vitality. With in-depth profiles of 22 medicinal herbs, preparation instructions, and dosage guidelines, you'll discover how you can use astragalus to regenerate your body's immune system, bilberry to ease eye problems, and milk thistle to rebuild damaged liver cells. You'll be amazed at how herbal treatments can help support your nervous system, activate your metabolism, and keep your bones and joints healthy.

Everyone knows that chamomile tea is the answer to a good night's sleep, that lemon tea is an invigorating way to start your morning and that ginger tea can settle your stomach. But did you know that Jamu Kunyit, a ginger and turmeric tonic, is the Balinese equivalent of 'an apple a day' to 'keep health problems at bay'; that herbal medicinal vinegars can

be antifungal, antibacterial and antiviral as well as helping fight respiratory infections, coughs and bronchitis; or that adding black pepper and coconut oil to any turmeric drink can help your body reap the benefits more effectively? Rachel de Thample has gathered a collection of the best of these ancient drinks and traditional remedies, along with a few modern spins, offering tips on how to best build them into a busy lifestyle. Organised into three chapters, she covers Tonics such as Dairy Keifr, Beet Kvass, Nettle Tonic and Ginger Shots; Teas such as Grasshopper Tea, Spice Route Tea, Armenian Herbal Tea and Afghan Pin Chai, plus delicious and beneficial Drinks such as Elderflower Cordial, Amazake and Kombucha. This eclectic mix of natural brews is the perfect way to give your body a healthy boost.

Tonics & Teas Traditional and Modern Remedies that Make You Feel Amazing

A collection of over 100 recipes for herbal home remedies from all over the world each preceded by an introduction describing its alleged good effects.

How to Transform Easy-to-Find Herbs into Healing Remedies for the Whole Family

Herbalism for Detox

Healing with Aromatic, Bitter, and Tonic Plants

Tonic

From Bars and Bites, Teas and Tonics, to Soups and Salads... 100 Easy Ways to Incorporate the Most Powerful Seafood Into Your Daily Meals

Kew's Teas, Tonics and Tipples

Tonics & Teas

Want a simple way to refresh your health? Trying to cut back on your daily coffee intake? Need a simple, healthy and delicious way to stay hydrated? Tea is one of the world's most popular beverages. Flavourful and fun, teas and tonics are a healthy solution for those looking for the health benefits of herbs, flowers and berries without any additives, preservatives or dyes. With less than a third of the caffeine in a cup of coffee, teas and tonics are a natural energy boost to kickstart your morning!

From tinctures to ease tummy aches to elixirs to enhance energy, making your own remedies from easy-to-find herbs can be a satisfying and pleasurable way to connect with nature and your family's health. While entering the "herb world" can be intimidating—many of today's herb books are filled with cultivation tables, harvest techniques, dye charts, and aromatherapy guidelines—The Essential Herbal for Natural Health provides a welcome entry point for those wishing to experience the beauty and simplicity of natural herbal remedies safely. By focusing on just thirteen foundation herbs, you can easily jump into the world of herbs while still creating a wide range of remedies and recipes. With something for everyone in the family—men, women, and children—these simple recipes can be made to cure coughs, calm anxiety, moisturize skin, and more.

Stressed? Tired? Hungover? Bloating? Sick? In Tonic, Tanita de Ruijt will have you pillaging your kitchen cupboards to make surprisingly effective - and inexpensive - remedies to cure whatever ails you. Inspired primarily by traditional medicine and wisdom from the East, these recipes have been carefully crafted to support your body's natural defences, and keep you feeling good on a daily basis. Recipes include the immune-boosting Turmeric Tonic, to more eclectic Love Potions, Salvation Shrubs and Make-Your-Own Probiotics. Including a helpful ailment index plus an extensive medicinal guide to everyday herbs and spices, Tonic offers all-natural, effective ways to treat basic complaints quickly, safely, and effectively at home.

Discover a simpler, more natural way of life. Pour your self a cup of Chamomile tea, find a quiet corner, and browse through the wealth of natural remedies, house-hold tips, and beauty secrets presented in this tried and true guidebook. Now updated and expanded, Judes Herbal Home Remedies offers more than 800 treatments, tinctures, tonics, and teas, using many easy-to-find herbs, as well as a comprehensive herbal index with over 200 illustrations.

Traditional and Modern Remedies

Foods and Beverages Teas and Tonics for Enhancing Your Natural Beauty

100+ Elixirs to Nurture Body and Soul

Rosemary Gladstar's Herbal Recipes for Vibrant Health

101 Herbal Concoctions to Increase Energy, Boost Immunity, Enhance Memory, Ease Digestion, and Support Daily Health and Wellness

Healing Herbal Teas

Herbal Home Remedies

Delicious teas to keep you hydrated and feeling young Black, green, white, and oolong teas, as well as herbal infusions, have numerous health benefits, starting with hydration. Infused with fresh, vitamin-rich fruits, they become a fun and delicious way to increase your liquid consumption without turning to commercial drinks that may be high in calories and artificial additives. Cold brewing tea allows the leaves and other ingredients to slowly infuse the water and is, according to Mimi Kirk, the best way to achieve a smooth taste and extract the antioxidants and other benefits from the tea. For cold days or when you're under the weather, her hot water infusions will warm and soothe. In *Tea-Vitalize*, Kirk shares 70 recipes including: **Black Cold Brew Tea + Blackberries Green Cold Brew Tea + Lavender + Lemon Yerba Mate Cold Brew Infusion + Dried Orange + Mint Rosemary Hot Water Infusion + Strawberries** Information about the health properties of each ingredient and gorgeous photography make *Tea-Vitalize* a resource readers will turn to again and again.

Restoring the use of wild plants in daily life for vibrant physical, mental, and spiritual health • Explains how 3 classes of wild plants--aromatics, bitters, and tonics--are uniquely adapted to work with our physiology because we coevolved with them • Provides simple recipes to easily integrate these plants into meals as well as formulas for teas, spirits, and tinctures • Offers practical examples of plants in each of the 3 classes, from aromatic peppermint to bitter dandelion to tonic chocolate As people moved into cities and suburbs and embraced modern medicine and industrialized food, they lost their connection to

nature, in particular to the plants with which humanity coevolved. These plants are essential components of our physiologies--tangible reminders of cross-kingdom signaling--and key not only to vibrant physical health and prevention of illness but also to soothing and awakening the troubled spirit. Blending traditional herbal medicine with history, mythology, clinical practice, and recent findings in physiology and biochemistry, herbalist Guido Masé explores the three classes of plants necessary for the healthy functioning of our bodies and minds--aromatics, bitters, and tonics. He explains how bitter plants ignite digestion, balance blood sugar, buffer toxicity, and improve metabolism; how tonic plants normalize the functions of our cells and nourish the immune system; and how aromatic plants relax tense organs, nerves, and muscles and stimulate sluggish systems, whether physical, mental, emotional, or spiritual. He reveals how wild plants regulate our heart variability rate and adjust the way DNA is read by our cells, controlling the self-destructive tendencies that lead to chronic inflammation or cancer. Offering examples of ancient and modern uses of wild plants in each of the 3 classes--from aromatic peppermint to bitter dandelion to tonic chocolate--Masé provides easy recipes to integrate them into meals as seasonings and as central ingredients in soups, stocks, salads, and grain dishes as well as including formulas for teas, spirits, and tinctures. Providing a framework for safe and effective use as well as new insights to enrich the practice of advanced herbalists, he shows how healing "wild plant deficiency syndrome"--that is, adding wild plants back into our diets--is vital not only to our health but also to our spiritual development.

Every culture around the world has developed traditional tonics and teas--beverages valued for restorative powers. This book brings together more than 40 recipes for such drinks, from the fermented such as kombucha, kefir, and kvass, to the infused and pressed such as ginger shots, turmeric chai, and blackberry apple vinegar. These are apple-a-day nonalcoholic drinks that generations have been relying upon to give the body a healthy boost.

Energy Healing with Potions, Tonics, and Concoctions The art of chakra balancing has never been tastier. Spiritual counselor and yoga instructor Elise Collins has created the perfect guide and recipe book of smoothies, teas, and tonics to boost your energy centers. Chakras and shakers. Our ancestors believed ingredients from the natural world cured not only physical ailments, but spiritual ones as well. Drawing on ancient wisdom, Elise's restorative recipes contain powerful superfoods, herbs, minerals, and ph-balanced liquids designed to nourish the physical body and revitalize its central energy system. Target your chakras with tonics. As you make your way through the chakra chart, find recipes that specifically target each chakra and clear out stale energy. And with bonus yoga techniques, learn how to release energy for Vedic vitality. For prolonged balance of mind and body, look for recipes like: Sunrise juice for the sacral chakra Prana rising smoothie for the root chakra Carmelite water for the heart chakra If you enjoyed books like *Healing Tonics, Juices, and Smoothies*, *The Ultimate Guide to Chakras*, and *Chakra Healing*, then *Chakra Tonics* is your next read!

Hachette Healthy Living

Essential Elixirs For The Mind, Body, And Spirit

Cooking for FREEALITEA

More Than 100 Recipes That Improve the Body and the Mind

Wellness Teas, Tonics, & Tails for a Stress-FREE Reality

Next-Level Juices, Smoothies, and Elixirs for Health and Wellness

Since 1973, Storey's Country Wisdom Bulletins have offered practical, hands-on instructions designed to help readers master dozens of country living skills quickly and easily. There are now more than 170 titles in this series, and their remarkable popularity reflects the common desire of country and city dwellers alike to cultivate personal independence in everyday life. Storey's Country Wisdom Bulletins contain practical, hands-on instructions designed to help you master dozens of country living skills quickly and easily. From traditional skills to the newest techniques, Storey's Country Wisdom Bulletin Library provides a foundation of earth-friendly information for the way you want to live today.

Freshly blended herbal teas offer more healing power than do pre-packaged tea bags. In *Healing Herbal Teas*, master herbalist and author Sarah Farr serves up 101 original recipes that not only offer health advantages but also taste great. Formulations to benefit each body system and promote well-being include Daily Adrenal Support, Inflammation Reduction, and Digestive Tonic. Additional recipes that address seasonal needs such as allergy relief or immune support will attune you to the cycles of nature, while instruction on the art of tea blending will teach you how to develop your own signature mixtures to give your body exactly what it needs. This book is an enchanting and delectable guide to blending and brewing power-packed herbal teas at home.

Unique and nutritious ideas for creating tinctures, drinks, teas, and smoothies designed to invigorate and soothe. Easy-to-make recipes for energy tonics and disease-prevention formulas for the entire body.

Receive Energy Healing and Mental Balance #1 New Release in Homeopathy Medicine The art of chakra balancing has never been tastier! Spiritual counselor and yoga instructor Elise Collins has created the perfect guide and recipe book of smoothies, teas, and tonics set to boost energy healing and restoration. Balance your Chakras with food. Our ancestors believed ingredients from the natural world cured not only physical ailments, but spiritual ones as well. Drawing on ancient wisdom, these restorative recipes contain powerful superfoods, herbs, minerals, and ph-balanced liquids designed to nourish the physical body and promote energy healing. Target your chakras with tonics. As you make your way through the chakra chart, find recipes that specifically target each chakra and clear out stale energy. And with bonus yoga techniques, learn how to release energy for Vedic vitality and a balanced mind. Inside you'll find, recipes like: • Sunrise juice for the sacral chakra • Prana rising smoothie for the root chakra • Carmelite water for the heart chakra If you enjoyed books like *The Ultimate Guide to Chakras*; *Chakra Healing*; or *Chakras, Food, and You*, then you'll love *Chakra Tonics*.

Elixir's Tonics and Teas

The Wild Medicine Solution

ABC's of Nature's Best Herbal Recipes

Potions, Lotions, Tonics, and Teas

Chakra Tonics

Vital Tonics & Soothing Teas

65+ Recipes for Teas, Elixirs, Tinctures, Syrups, Foods + Body Products That Heal

55% OFF FOR BOOKSTORES!!! WHY THIS BOOK CAN REALLY HELP YOU GET RID OF CHRONIC AND BOTHERSOME DISEASES FASTER AND MORE EFFECTIVELY THAN MOST DRUGS HAVE BEEN ABLE TO SO FAR... Naturopathy is one of the most astonishing forms of treatment. It promotes a natural way of curing and self-healing and has helped a great number of people treat their diseases. It is quite pleasant to get the solution to your sickness without injecting chemicals and other high drugs and heal effectively. One of the best things about naturopathic treatments is that there aren't any side effects or any bad effects on your health. Why is nature be more resolute than drugs?

Simple... Because every active ingredient of normally prescribed drugs originates from plants. An infinite number of people are afflicted by even mild disorders, which traditional medicine fights with chemical concoctions that have side effects that are far more serious than the symptoms they intend to fight. Knowing the healing power of the herb will give you a chance to eliminate problems quickly and easily like: - Recurring fatigue (when you have no reason to be) - Drowsiness (during the day, when you should be active) - Depression and anxiety - Difficulty sleeping - Constipation - Bloating stomach - Migraines - Food intolerances And many others... In this book, I am going to show you a wide range of plants and herbs that will assuredly help you eliminate the burden that has been afflicting you for a long time, and you will no longer be forced to suffer alone. This will be explained on the basis of the biochemical evidence that scientific studies have indisputably established. Don't further damage your health by trying to improve it. You have the freedom to take care of your well-being. Don't put it off any longer. How much have you already paid for treatments? Make the only choice you deserve... Scroll to the top of the page and GET YOUR COPY NOW!

Here is a fascinating book about how plants, minerals and animals have been used by Eastern people, for thousands of years, to prolong life, enhance the powers of thought, strengthen the body, increase virility and fertility even to clear the inner vision to make oneself more receptive to the veiled secrets of God and nature.

Acquire herbal healing wisdom with this guide to gathering, drying, storing, and blending 25 common herbs. Joyce A. Wardwell shows you how to build your own all-natural home medicine cabinet, providing simple recipes for soothing tinctures, salves, tonics, syrups, teas, and lozenges. With gentle, plant-based solutions to ailments ranging from muscle cramps and indigestion to dry skin and sore throats, this comprehensive guide is full of natural remedies that will keep your whole family healthy.

Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

Delicious and Natural Remedies to Boost Your Health

175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family

Learn to Blend 101 Specially Formulated Teas for Stress Management, Common Ailments, Seasonal Health, and Immune Support

Tonics

Upgrade Your Immunity with Herbs

Herbal Revolution

Beauty Is More Than Skin Deep

In this new book, information is provided on growing herbs, harvesting, preserving, and storing them, as well as on preparing herbs for use in teas. Lose weight, fight sickness and disease, and gain energy with dozens of delicious drinks. The Big Book of Healing Drinks goes beyond The Healthy Juicer's Bible and The Healthy Smoothie Bible, the previous two books by Farnoosh Brock, by introducing new healing drinks such as elixirs, health "shots" and tonics, delicious "lattes", teas full of antioxidants, homemade broths, and hot water therapy. The book provides the nutritional value of each drink as well as the easiest way to prepare these recipes in the comfort of your own kitchen. Maybe you need to heal your body after a weekend of overstuffing it with rich foods, or hit the reset button after a long trip, or do your part in preventing, stopping, or slowing down the onset of a cold or a flu, or simply be in tip top shape for your favorite fitness program. Whatever the case may be, The Big Book of Healing Drinks is sure to have a recipe for you. Recipes include: Coffee, "Milk", and Oats Smoothie Creamy Tangy Zucchini, Pineapple, and Avocado Smoothie Sweet Potato and Almond Milk Blast Smoothie Fennel, Grape, Pear, and Kale Juice Dairy-Free Turmeric, Cinnamon, Coconut Oil Latte Farnoosh's Magic Elixir: Apple Cider Vinegar, Turmeric, Ginger, Lemon, Honey, and Cayenne As you evolve into a healthier version of yourself, you will feel more energy and less fatigue throughout the day, more lightness and less heaviness in your movements, and more overall joy and confidence in your life.

BEAUTY IS MORE THAN SKIN DEEP Foods & Beverages Teas & Tonics for Enhancing Your Natural Beauty Foods & Drinks to make You Beautiful Inside & Out! You Flaunt what You Feed! "Beauty is More than Skin Deep" shows you how to enhance your beauty...NATURALLY! Using common foods, beverages, teas, tonics and smoothies. Learn which foods to load up on to create glowing, radiant, healthy skin and hair. Drink your way to beauty, health and fitness. Get smoothie recipes that will up your beauty quotient 10 fold! This book will guide you to choosing the most nutrient-rich and ideal foods and beverages for promoting cell stimulation, youthful skin and healthy hair growth. Make sure the inside is

as beautiful, healthy and sparkly as the outside. The best part is, you won't just look good, but feel good too! Food can be used as medicine or poison; to enhance your beauty or to erode it! Learn which foods, teas and tonics will preserve your pretty far into the future and keep you looking young, bright-eyed and fresh. And as an added bonus, your all-natural, homemade remedies will be more potent and effective, than any retail product you could purchase. Making your own favorite beauty blends gives you the most customized control of your beauty regiment and bang for your buck! All of my recipes can be made from ingredients you'll find in your refrigerator, pantry, grocery store or local farmers market. They are all natural and guaranteed to be yummy-licious. There are no "one size fits all" remedies, so feel free to mix, match and make substitutions as you feel appropriate. Experiment and have fun creating your own customized concoctions! Learn which ingredients work best for your skin and hair, then artfully combine them to create your own natural Sunshine in a Bottle! Just remember, your true beauty is on the inside of you, not the outside. These recipes will only enhance whatever you're already cultivating on the inside. ***** Sample of Contents Healing High-Performance Super Foods Health Benefits of Apple Cider Vinegar Healing Teas & Restful Sleep Tonics Healing and Soothing Tea Blends Fasting and Juicing The Cleansing Process During Juice Fasting The Hidden Secret to Health & Healing Juicing for Health Easy Juice & Smoothie Recipes Apple Pineapple Ginger Juice Recipe Blueberry Grape Juice Recipe Apple Kiwi Juice Recipe Pineapple Orange Strawberry Cocktail Calcium Rich Recipe Summertime Fresh Anytime Spicy Juice Popeye Juice High Vitality C Incredible Hulk Juice Breathing Clearly Spice Tea Berry Booster Feel Better Booster Glowing Radiant Skin Milky-Munity Booster Tropical Energy Blaster Healing Grass Liver Clean Total System Cleanser Jumbo Juice Incorporating the Super Foods and Beverages highlighted throughout this guide into your Healthy Living Lifestyle will boost your beauty quotient significantly! These potent ingredients will build your natural beauty from the inside out. We will see on the outside whatever is going on inside. Eating nutrient and vitamin rich foods will support your body's natural process of healing and renewal. This lessens the stress and increases the blood flow, endorphins, and our ability to give and receive love. And eating many of these Super Foods has the added side effect of enhancing your body's natural cell repair, collagen stimulation and hair health, growth and sheen. You can create a strong foundation for healthy, fresh, vibrant, glowing skin, by adding these Super Foods to your regular meal preparations as often as possible. The more, the prettier! Along with a positive loving attitude, you MUST feed your body LIVE healthy fresh foods to really thrive and get the BEST & most BEAUTIFUL out of LIFE!

The world has a love affair with tea. It is the most consumed beverage in the world second only to water. For those who are tea lovers and tea newbies, Cooking for FREEALITEA allows you to deepen that love affair with tea and allow it to take on new meaning. From wellness teas to detox teas, tea can be the key ingredient to a more relaxed and vibrant life. In this book, we'll go on a journey together on how to create culinary delights, smoothies, and cocktail recipes using herbal teas that will lift your mood, soothe your mind, and recharge your health. Allow each recipe to create a moment that is just for you. A moment that you too can create a healthy and stress-FREE reality one cup and one dish at a time.

Herbal Teas for Lifelong Health

Simple Recipes for Tinctures, Teas, Salves, Tonics, and Syrups

Healing Tonics

Dr. Sebi Sea Moss

Inspiring Botanical Drinks to Excite Your Tastebuds

Herbal Tea Remedies

Herbal Tonics, Broths, Brews, and Elixirs to Supercharge Your Immune System

A collection of recipes from Elixer, Hollywood's hottest tonic bar, introduces a wide variety of herbal teas and restorative beverages that blend herbs with fruit and vegetable juices, teas, and liqueurs to create an array of tasty and healthful treats. 15,000 first printing.

Be your own kitchen doctor! Adriana Ayales runs one of Brooklyn's most popular juice bars and she's also deeply knowledgeable about the rainforest's fruits, botanicals, and other exotic ingredients. With this guide, Ayales passes on her knowledge of ethnobotanical customs, soul cleansing, and therapeutic cooking, and explores the role of superfoods and superherbs. Her juice and smoothie recipes, all with powerful add-in elixirs, embody ancient ways and wisdom."

Kew's Teas, Tonics and Tipples is a celebration of the huge diversity of flavour, colour and fragrance plants bring to the drinks we consume.

Throughout the book are recipes from Kew staff, from curators, to gardeners and botanists, as well as drinks inspired by the great plant hunters and their exotic adventures. With over 60 recipes accompanied with beautiful botanic art from Kew's archives.

Healing Herbs to Know, Grow, and Use. Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family (Includes a Special Detox Program with Natural Recipes)

Traditional and Modern Remedies that Make You Feel Amazing