

# Do It Yourself Herbal Medicine Home Crafted Remedies For Health And Beauty

Discover Hundreds of Holistic Remedies and Wellness Tips Llewellyn's Book of Natural Remedies shares a powerful integrative approach to healing and living a more natural life. Author Vannoy Gentles Fite shares effective remedies for more than a hundred ailments, exploring contemporary and traditional techniques using common, everyday ingredients. Integrative medicine combines natural, holistic approaches with mainstream medicine. In this book, each ailment includes treatments using essential oils, herbs, Ayurveda, and home remedies. The recipes are easy to locate based on your specific needs, and they include materials you can typically find in your home. From balms and baths to tinctures and wraps, these outstanding remedies will support your healing process as you live your best possible life.

Survival Medicine: Beginner's Guide To Preparing Your First Aid Kit + 30 DIY Natural Recipes With Herbs to Heal Common Ailments In The Wild Book#1: Survival Medicine: Medicine Guide To Preparing Your First Aid Kit and Getting Completely Ready to Survive If you have ever found yourself in pinch and you didn't know what to do, then look no further my friends, because this book is for you! Covering every single aspect of emergency medical survival, this book makes sure you know what to pack in your First Aid Kit, and it makes sure that you know how to use it! This book comes complete with step by step instructions on the best ways to use over the counter as well as herbal methods for holistic treatment. This book also gives a practical guide to such critical emergency medical procedures such as CPR and the

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mending of broken bones. Everyone should have a copy of this book on their shelf just in case disaster hits! Learn how you can: Tie a tourniquet Administer CPR Pack a First Aid Kit Use herbal medicines And a whole lot more! Book#2: Herbal Medicine: 30 Herbal Remedies to Heal Common Ailments Buy downloading this eBook, you are ready to start down the road of taking care of yourself through natural means. This book is an introduction to natural health. I will walk you through: A short history of herbalism. Possible side effects and drug interactions How to listen to your body How to make herbal preparations and their shelf life Tools you need to make the preparations Each of the body systems Descriptions of the most common ailments of each system Recipes for herbal remedies to help treat the ailments This book is written for you to be ready to make your remedies and experiment with your own combinations of remedies.

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.

What Everybody Ought to Know About The world of Medicinal Herbs!\* \* \*LIMITED TIME OFFER! 50% OFF! (Regular Price \$5.99)\* \* \*Learn How to Heal Yourself Naturally With Medicinal HerbsThe world of medicinal herbs is a fascinating one, and you'll find out some medicinal herbs can even be found in your kitchen. Of course, in this book you'll learn a little bit more about medicinal herbs and how they can help you. Covering some of the more exotic medicinal herbs, you'll

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find that you can order them online, and if they come pre-measured it's easy and completely safe. Of course, every medicinal herb has its side effects, but you'll find out exactly how to use each herb safely as well as what to be aware of when it comes to the possible side effects. Ailments are common, and medicinal herbs can help with that, so long as they're taken naturally. From anise to burdock, you'll find that these herbs can help you with everything from preventing kidney stones and stomach ulcers to helping with an ear infection. Some medicinal herbs are able to be taken orally and some have to be applied topically, but it really depends on what you're trying to use these herbs for. You'll find some of the more uncommon herbs listed below, as well as some of the uses and benefits that these uncommon medicinal herbs have.

1. Learn what medicinal herbs are in this book, including some of the more uncommon and exotic ones, and how they can help you to deal with various ailments.
2. Safely learn how to apply or take these medicinal herbs to cure or treat anything from stomach ulcers to the flu.
3. Inside this book you'll learn all about the wonderful benefits that these herbs can have, but you'll also learn about the possible side effects when taking these herbs.
4. In this book it shows you how the herb is grown and where it's native to, so you can tell if you'll find it at your local pharmacy or need to order it online.
5. This book teaches you about the uses of medicinal herbs such as agrimony, burdock, anise, and even stinging nettle, as well as how to safely handle each.
6. Learn which medicinal herbs can be turned into a tea with this book, as well as which ones you can buy as a tea already.
7. There are multiple ways to take medicinal herbs for various ailments, and you'll find that this book teaches you some for each medicinal herb listed.

What You'll Learn from "Medicinal Herbs"• What Are Medicinal Herbs? • What Turmeric Can Do For You• Saigon Cinnamon

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& How It Helps• Goldenseal Actually Helps• Epazote & Its Many Uses• Uses From Stinging Nettle• Helpful Elderberry Uses• All The Uses of Anise• Agrimony & How It Helps• Astragalus as a Helpful Herb• What Burdock Is Good For• The Uses of Milk Thistle • How Valerian Can Help You• The Passionflower Uses• Hawthorn is Actually Helpful• Using Neem to Help• A Brief Overview of It AllWant to Know More?Hurry! For a limited time you can download "Medicinal Herbs - No Prescription Needed! Heal Yourself Naturally With Medicinal Herbs" for a special discounted price of only \$2.99 Download Your Copy Right Now!Just Scroll to the top of the page and select the Buy Button. —————TAGS: medicinal

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Pl?nt?, herbs, ?nd ?thn?b?t?n???!? h?v? been u??d ??n?? th? ??r! d??? ?f hum?nk?nd ?nd are ?t?ll u??d thr?ugh?ut th? w?rld f?r health promotion and tr??tm?nt of d??????. Pl?nt? ?nd n?tur?l sources form th? basis ?f t?d???' m?d?rn m?d??n? and ??ntr?but? l?rg?l? t? th? ??mm?r??l drug ?r??r?t??n? m?nuf??tur?d today. Ab?ut 25% ?f drug? ?r??r?b?d w?rldw?d? ?r? d?r?v?d fr?m plants. Still, herbs, r?th?r th?n drugs, are ?ft?n used ?n health care. For some, herbal m?d??n? ?? their ?r?f?rr?d m?th?d of tr??tm?nt. F?r ?th?r?, herbs are u??d ?? ?djunt th?r??? to conventional ?h?rm??ut??!?. H?w?v?r, in many d?v?l??ng ?????t???, traditional medicine ?f wh??h h?rb?l m?d??n? ?? a core ??rt ?? th? ?nl? system ?f h??lth ??r? available ?r ?ff?rd?bl?. Regardless of th? r????n, th??? u??ng herbal m?d??n?? ?h?uld b? assured th?t the ?r?du?t? th?? ?r? bu??ng ?r? safe ?nd ??nt??n wh?t they ?r? ?u?????d t?, wh?th?r th?? ?? a ??rt??ul?r h?rb or a particular ?m?unt of a specific h?rb?l ??m??n?nt. C?n?um?r? should ?l?? be g?v?n ?????n??-b????d ?nf?rm?t??n ?n d??g?, contraindications, and efficacy. T? ??h??v? th??, gl?b?l h?rm?n?z?t??n ?f legislation ?? n??d?d

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Herbal Remedies Made Simple is a unique guide to natural healing items you can make yourself, with each herbal remedy showcased in a full-color, split-page design. Natural alternatives to traditional medicines are everywhere, even right outside your door! Herbal Remedies Made Simple is an easy and fun way to learn about the many different healing herbs that grow all around us but we seldom see. The best part: once you're familiar with the natural healing herbs around you, Herbal Remedies Made Simple provides you with instructions on creating your own DIY herbal remedies at home. This unique guide book splits its pages in half. The top halves of the pages detail different remedies and recipes for health, personal care, and home care. The bottom pages provide reference material on the herbs used in the project above; detailing the plant's healing properties and how best to work with that herb. Some of the healing recipes within: Lavender cleanser Rose water toner Chamomile facial exfoliant Comfrey joint and bruise salve Nerve tonic tincture Teas for headaches, stress, sleep, and colds Joint and muscle soak Fully photographed and illustrated, this is the perfect guide for the beginning herbal practitioner.

Everyday ailments. Herbal remedies. Your complete resource to start feeling better, naturally Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Epsom Salts, Apple Cider Vinegar and Honey are the miraculous wonders of nature that are great for cold treatment, acne and eczema treatment, sunburn treatment,

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shrinking pores, reducing cellulite, hair care, detox, weight loss, pain relief, stress and anxiety relief, and much more. They are highly effective for gardening - help to grow more green foliage and produce more healthy and sweet fruits, vegetables and even beautiful roses. This practical guide will help you to understand what these three components are, where they came from, and what is in them. Learn how to easily whip up a simple solution for your everyday maladies -for your health, beauty, home and garden and it only takes minutes. With over 100 recipes for natural alternatives to traditional medicine! Epsom Salt, Apple Cider Vinegar & Honey Natural Remedies provides a comprehensive reference to herbal healing without the hassle, expense, and frustration that comes with consulting doctors and taking prescription medication. Discover the secret to - Whiter teeth without chemicals Flawless skin in under 5 minutes a day Unlimited energy using one simple routine Detoxifying every cell of your body Sleeping like a baby & waking refreshed & revived every day Losing weight with cellulite-busting ingredients There are home remedies that you can do from the comfort of your home that can bring relief to you and your family at the first sign of an illness. There are also preventive measures that you can take to help everyone, too. These DIY home remedies are great for all ages, too. They will bring relief, shorten the length of an illness and are affordable, too Download your copy today to reap the many benefits of these wonders of nature Tags: books on healing, herbal medicine, homeopathy for women, homeopathic books, reference books, gardening books, health book, herbal remedies, alternative medicine, beauty secrets, healing your body, holistic health, medicinal herb, healing yourself, lose belly fat, apple cider vinegar diet, home remedies, diy books, diy project, rosemary gladstar, weight loss books, weight loss recipes, natural hair care, natural healing, homeopathic

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remedies, natural living, natural remedies, herbal antibiotics, herbal apothecary, herbal books, homeopathy books, gardening basics, gardening for beginners, gardening hacks, healthy healing, healthy ageing, herbal books, magnesium miracle, ancient medicine, reference guide, herbal remedies book, herbal remedies for women, herbal skin care, herbal skincare, herbal treatments, alternative energy, beauty books, alchemy of herbs, botany in a day, beauty books for women, beauty diy, beauty detox, beauty recipes, herbs for healing, book of herbs, healthy living, healthy recipes, weight loss apocalypse, weight loss guide, herbs book, weight loss kindle, weight loss secrets, do it yourself books, home hacks, homemade cleaners, homemade Christmas, homemade cosmetics, herbal healing, healing books, healing back pain, healing herbs, healing pain, apple cider vinegar recipes, weight loss books for women, weight loss beginners, weight loss for women, apple cider vinegar book, home gardening, home hacks, natural beauty recipes, natural body products, natural beauty skincare, natural skin care books, herbal bath, herbal medicine for beginners, healthy living guide, herbal medicine for beginners, herbal recipes, beauty hacks, healthy living books, healthy lifestyle books, weight loss diet plan, weight loss for women over 50, weight loss hacks, weight loss tips, healing psoriasis, apple

Herbal medicine can seem daunting, but you are probably using medicinal herbs in more ways than you realize. If you've ever brewed a cup of tea, drizzled an infused dressing over a salad, or relaxed in the tub with a bath bomb, you've likely been using herbs of some kind. There is a multitude of high-quality herbal medicine remedies you can buy, yet you can also apply basic culinary skills to create homemade and effective herbal remedies - and probably save a little bit of money in the process! In this book, you will be given 30 Best Recipes for Herbal Remedies. You will be proud of making

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your own herbs.

If you're in search of natural remedies for common ailments, this comprehensive guide has over 550 healing herbs to promote health and well-being. Invite Mother Nature into your garden! Learn how to cultivate, harvest and make your own treatments with this definitive reference book for medicinal plants. From ginger to lavender, thyme, and even the little dandelion, this book is a complete encyclopedia of herbs, plants and their healing properties. Learn about the chemistry of the plants and how they act as a medicine. Create alternative treatments for nearly 200 common health concerns in the comfort of your home. Treat yourself with the most natural medicine and become your own herbalist. The helpful instructions are easy to follow so you can start your own medicinal garden with the best know-how. Create the ideal habitat for planting, practice careful cultivation and know the best time to harvest. The well-thought-out format of the book means you can look up information by plant names or by ailments. There are 550 essential herbs with a beautiful photographic plant index discussing their different uses. Learn how to safely and effectively process the correct parts of the plants to encourage holistic and healthy healing. Traditional Medicine with Modern Research A treasure trove of information on the history of natural remedies and the many uses of plants. An essential index for any



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level of herbal expertise and supportive advice for beginners. - Extensive photographic index of over 550 herbs and plants. - Description of the plants, their active constituents and therapeutic properties. - Advice on how to cultivate your own herb garden. The definitive, full-color guide to making and using approximately 250 herbal medicines at home, with instructions for everything from harvesting to administering low-cost, DIY remedies. This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops, and more, and includes an extensive chapter on herbal hydrotherapy. *The Modern Herbal Dispensary*

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explains why different preparations of the same herb will obtain better results, demonstrating how capsules, teas, tinctures, or glycerites of the same plant will not have exactly the same effect on the body. Leading herbalists Thomas Easley and Steven Horne have tested and proven the herbal formulas they offer, along with suggestions for treating more than one hundred illnesses. They lay out the principles of herbal formulation and also provide instructions on how to prepare single herbs, a procedure that has been largely ignored in other references. More comprehensive than any other guide, thoroughly researched, beautifully illustrated, and presented with ease of use in mind, this book will take its place as the premier reference for those who want to produce all the herbal remedies they need, and to save money in the process.

The essential guide to lifelong healing with essential oils. The healing potential of essential oils may be limitless, but it's difficult to know how and where to begin when you don't have a prescription. With over 100 recipes for natural alternatives to traditional medicine, *Essential Oils Natural Remedies* provides a comprehensive reference to herbal healing without the hassle, expense, and frustration that comes with consulting doctors and taking prescription medication. In these pages, practitioners of all levels will learn a lifetime of herbal remedies from how to treat the urge to itch chicken pox with lavender-tea

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tree salve to soothing away arthritis symptoms with peppermint oil. Designed for use with any brand of essential oils, this organized and insightful guide is the only helping hand you'll need for natural healing. Essential Oils Natural Remedies includes: 300 Home Remedies to heal and mitigate symptoms for over 170 different ailments Profiles of 75 Essential Oils plus information on medicinal uses, application methods, blending, and precautions Recipes for Any Brand allow you to make all of the recipes in this book with your preferred brand of essential oils Featuring treatments for: Allergies, Bloating, Congestion, Dry Skin, Flu, Hives, Infection, Leg Cramps, Motion Sickness, Tension Headache, Toothache, Varicose Veins, and much more! Practice herbal healing from home with Essential Oils Natural Remedies.

DISCOVER:: 10 in 1 Box Set - Discover The Unknown Benefits of Medicinal Herbs To Naturally Heal Illnesses And More Proven Herbal Remedies All In 1 Box Set\*\*\* BONUS! : FREE Natural Remedies Report Included !! \*\*\* \* \* \* LIMITED TIME OFFER! \* \* \* Herbal Medicine - 10 in 1 Box Set - Discover The Unknown Benefits of Medicinal Herbs To Naturally Heal Illnesses And More Proven Herbal Remedies All In 1 Box Set BOOK #1 PREVIEW The idea of having one's own organic garden despite the limited space in one's backyard is becoming more and more popular with many people. The notion of

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eating natural and healthy food and relying on resources found only in nature for growing food are some of the more popular reasons why people have opted for organic micro gardening right in their own homes. **BOOK #2 PREVIEW** In this book, you will find helpful and easy to do tips on effective natural remedies to treat common medical conditions and help protect yourself from diseases. This book contains important information on how you can take advantage of the environment's natural remedies to relieve most medical concerns. When you are through reading the book, you will have acquired more information on what herbs to use for specific medical concerns. This book is easy to understand so you can achieve wellness and good health in no time. **BOOK #3 PREVIEW** A medicine system in India called Ayurvedic, is as old as time provides a proven and tested approach to better health and a better well-being by using only plants in treating all diseases. It may sound ridiculous when compared to today's modern medicine, but history has shown that these plants have benefited countless generations in many ways. Many of the herbs India has used for centuries is the main ingredient to modern day prescription medication. **BOOK #4 PREVIEW** Only in recent years has green tea's prominence has surged to extreme heights in the Western world; however, it has been a regular part of most Asian cultures for thousands of years. Green teas can trace their

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origins back to China, as most varieties of teas, and has been used as many things, from simple beverages to traditional Chinese medicines. One only needs to go as far as a tea house in Japan, a restaurant in Shanghai or an ice-cream parlor in Beijing to realize the fanfare that Asian cultures have for green tea. But why have these Asian cultures' preference always been green rather than black teas? **BOOK #5 PREVIEW** You can find out the vast benefits of integrating honey in your life with the help of this book. For some people it looks like something that is just composed of calories and others even view it as a mere delicious placebo. Honey is so much more than its taste, though. During the early periods of humanity honey was a highly regarded substance but in today's world it is but an underappreciated liquid. Some people even ask how something that tastes so good is also good for your body. The taste of honey is so comforting and delicious that people today just dismiss its ability to heal. **BOOK #6 PREVIEW** Every day, more and more Americans make unhealthy decisions that cause their health to falter. Even those who try to live a healthy life have no choice but to suffer from the additives and unhealthy processed nature of food today. The best thing you can do for yourself however is to learn how to prevent illness before it starts, and doing so has never been easier than by learning which plants are the best natural cures -

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things that have proven tried and true over the centuries. Get The Book Before The Promotion Runs Out! Only For A Limited Time! You Do NOT Need A Kindle Device To Read This E-Book, You Can Read On Your PC, Mac, Smart Phone, And Or Your Kindle Device -----Tags: medicinal plants, foraging, natural antibiotics, honey, green tea, organic antibiotics

Discover The Amazing Healing Power of Nature And How To Use Natural Plants And Herbal Remedies To Eliminate Common Ailments With This 3 In 1 Bundle (More Than 450 Pages)! If you've always wanted to learn natural ways to cure common ailments but don't know how to begin, then keep reading... Are you tired of having to take unpleasant medications that makes you feel terrible, just to get relief from minor illnesses like colds and the flu? Have you tried ways to cure yourself of sickness without much success, noticing that you have to take more medicine over time? Do you want to say goodbye to endless bottles of medicine and discover a natural, holistic approach to safely create your own remedies using plants you're familiar with? If you answered yes to any of these questions, you've come to the right place. You see, effectively treating your body and staying healthy with simple herbal medicine doesn't have to be difficult. In fact, it's easier than you think. A study in The Handbook of Prescriptions for Emergency Treatments has

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uncovered the phenomenon where traditional medicine prepared the natural way did not yield resistance, while the isolation of the active ingredient resulted in widespread resistance in a short amount of time. Which means that herbal medicine (when used correctly) can act as a KEY part to any effective herbal remedy treatment routine while decreasing any resistance to it. And, of course this book will show you EXACTLY how to use herbal antivirals, herbal antibiotics and other holistic remedies to supercharge your self-healing potential. Which means you can easily find a more natural way to heal your body without being scared of the unknown. Here's a tiny fraction of what you're going to discover in The Herbal Medicine for Beginners Guide 7 amazing facts about herbal medicine and how to start your herbal medicine journey (page 13) A proven way to source for herbs locally from trustworthy sources (Unfortunately there's a LOT of scammers out there...) (page 21) The simple, yet wildly effective, 6-step method to ensure you're purchasing high-quality herbs and avoiding counterfeits (page 22) The ultimate tools, equipment and ingredients you'll need to craft your own herbal remedies (page 27) 4 simple reasons to consider alternative and herbal medications (page 148) The must know important differences between synthetic and herbal antivirals (page 156) 4 natural supplements that work like magic to boost your

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immune system (page 202) 5 amazing, immune-boosting smoothie recipes you will love. (page 207) Step-by-step instructions to cure common ailments using easy herbal treatments (page 217) The shocking threat of antibiotic resistance as well as the signs that you or someone you know is dealing with it (page 354) 4 proven ways to avoid passing on antibiotic-resistant bacteria (page 355) Eight 100% natural herbal antibiotics that work like magic (page 401) How to use the right precautions to ensure you use herbal medicine the right way (page 443) ...and much more! Imagine how much more in control of your health you will be once you're able to use the power of natural plants, and how your family and friends will marvel at your new-found healing abilities. So even if you've never made, bought or used herbal medicine before, this guide will equip you with everything you need to get started with herbal medicine. So if you have a burning desire to master Mother Nature's healing secrets and use Herbal Medicine to heal yourself, scroll to the top and click the "Add to Cart"

Homemade Herbal Medicine Interested in using plants and herbal healing? Learn the basics of herbalism today! Herbs are miraculous saviors for a long list of issues you can easily handle at home: colds and flus, inflammation, even health maladies as complex as gut health and adrenal fatigue. But do herbs really work? Can they really help you feel



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empowered, and take control over at least some of your health? The resounding answer you will find in this book: Yes! Depending on the culture, country, or region, there are hundreds of traditions of herbal practice that existed long before the advent of modern-day medicine. In fact, while "conventional medicine" may seem like the more dominant form of healing, the World Health Organization marks traditional and herbal medicine the most prevalent form of healing in the world. In the pages ahead, you will find all the basics-and ultimately the TRUTH-of today's front-line herbal remedies, supported by a combination of ancient knowledge and modern research. Learn how to harvest, store, and make herbal preparations; use a reference guide to immediately know what herbs to use for which ailments-and learn all about the author's Top 5 Herbs most safe and useful for home medicine, plus 25 more studied and traditionally respected herbs for you to branch out for further learning! Perhaps you are a beginning herbalist just starting out on your own path to education, learning, and healing practice. Or, you are a passionate lover of herbs already, wanting to hone their techniques to the top-rated herbs of today. Either way, with this book you will have both the research and traditional knowledge right here at your fingertips-all so you can effortlessly dig into and navigate the complex world of herbalism, and all the myriad plants you can

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possibly master. Why you must have this book: \* A succinct, compact, and easy-to-read guide that primes the beginner-and informs the expert \* Multiple angles on herbal healing: from traditional and modern perspectives together \* Over 50 pages that fully prepare you for becoming your own at-home, kitchen herbalist \* Outlines only the safest, easy-to-use herbs-with safety recommendations where needed \* Learn how to make your own very basic home preparations for your personal health \* Understand when and why homemade medicine is better than store-bought supplements \* Essential oils, their safety and correct use, as well as the best herbs choices for oils out there \* This book will give you the confidence to ultimately take your own health in your own hands, save money, and feel empowered in your own wellness and healing! The benefits you'll receive from 'Homemade Herbal Medicine:' \* How to prepare very basic teas, infusions, salves, oils, tinctures, and herbal vinegars \* The benefits of the author's 30 favorite herbs, all of which are the most studied and esteemed by traditional folklore, ancient practice, science, and research combined \* A wonderful guide of the Most Common Maladies, and the different ways herbs can be used to restore health for each issue \* Learn how to handle colds, flus, headaches, anxiety, arthritis pain, skin problems, minor infections, cuts, stomach ailments, fibromyalgia pain, and so much more \* The

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importance of what specific herbs and herbal preparations to use for certain issues-when infusions are better than essential oils, and when tinctures are better than supplements \* Learn, most of all, how plants can change your life! Equip yourself with basics, knowledge, and all the how-to's on beginning herbalism. Interested in learning more? Let this book be the guide that changes the way you think and handle health at home!

A broad overview of the topic and a basic introduction to the simple process of making herbal tinctures. It is my hope that interested readers like you will take this information as a starting point and be inspired to learn more about the topic. There is infinite variation of methodology and ingredients possible and this short book can only introduce a basic understanding which it is then up to you to build upon. I encourage you to find out more! This is some information about several individual herbs commonly used to make tinctures, as well as a few recipes or ideas for herbal tinctures you can make for yourself and for your family that may help many common ailments.

"Should I go Herbal?" is not your average "do it yourself" Herbal Remedies book. This is a book for those who are seeking answers to painful problems. It is examination of the field of alternative medicine with comparative analysis of western remedies. How can you alleviate Migraines, menstrual pain or

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feelings of sadness for good? Is there any validity in Herbals at all or is it all placebo? Should I go Herbal digs into the science behind the practice. Whether you are skeptical or not this book lays out the facts as they are. Should I go Herbal? looks at suggested or common cures for illnesses such as Cancer, Dementia and Depression. These are illnesses which arguably western traditional medicine is struggling to deal with. Can Herbal Remedies really help? If so how and how can it be explained in scientific terms? This book provides essential information which you need when making decisions about your health. Do you give your children sedatives to calm their hyperactive behaviour? Do you worry about the side effects drugs might have on your children and your self? I know it can be difficult trusting in the alternative. Why not stand against the tide? Dip your toe in the water and purchase this book today. If it's not for you let the tide sweep you downstream with everyone else. However if you dare this book will help you swim against the tide and change your health and life forever. To help you with this decision I have included a FREE GIFT for you at the end of the book above the resources section. I am very lucky to be able to give this away to you but it will only be available for a limited time. The gift contains further essential information when starting your alternative journey and will give you extra buoyancy as you swim upstream. Lock in this limited

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time offer and buy should I go Herbal? today 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.

Grow your own first aid

Your body is your temple, deserving to be cured and kept strong and healthy thanks to all of the beautiful gifts mother nature gave us to enjoy. Do you want to know how? Are you curious to discover how to create your own herbal medicine cabinet and first aid kit? In this book, Herbalism World, you'll have access to all of the knowledge contained in our two previous books "Herbalism for beginners" and "Herbalism Advanced Guide" to make yourself an expert in checking mother nature's pharmacy, identifying the most common medicinal herbs used by our ancestors and using them to create medicinal preparations to be included in your herbal first aid kit. You will also learn how to make and maintain a raised garden bed, for all of your herbs to be used if necessary to prepare natural remedies and

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medicines. Become an expert in: recognizing herbs and their properties - making medical recipes for your own health using those herbs - improving your diet thanks to a lot of super useful recipes- creating your own herbal medicine cabinet- how to make and use herbal medications to set up your first aid kit- how to use wild herbs to solve modern problems- how to make and maintain a Standard Raised Garden Bed how to grow common and wild herbs at home You may even have some of these herbs growing in your yard as weeds right now and not even know it. From just a few of these herbs, it is possible to soothe burns, calm insect bites, and allergic reactions, reduce fever, ease sore muscles and so much more! Do you want to learn how to take care of yourself and your loved ones in the most natural and healthy way? Scroll up and click the buy now button!

"Do-It-Yourself Herbal Medicine inspires you to easily and affordably take charge of how you look and feel by sharing simple and fun recipes that use Mason jars, sauce pans, and even your French press in creative ways"--Amazon.

Herbal medicine can seem daunting, but you are probably using medicinal herbs in more ways than you realize. If you've ever brewed a cup of tea, drizzled an infused dressing over a salad, or relaxed in the tub with a bath bomb, you've likely been using herbs of some kind. There are a multitude of high

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quality herbal medicine remedies you can buy, yet you can also apply basic culinary skills to create homemade and effective herbal remedies - and probably save a little bit of money in the process! This book includes: Top 7 Medicinal Herbs To Grow At Home, Healing Herbs for Tea, Fire Cider Recipe and Immune-Supportive Tincture Tips, Your Guide to Culinary Adaptogens, Some Recipe Inspiration 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

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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.

Do-It-Yourself Herbal Medicine: Home-Crafted Remedies for Health and Beauty Arcas Publishing Find your route to natural wellness with Neal's Yard Remedies' expert guide to using medicinal herbs. Essential Herbs offers expert advice and know-how you can trust in this detailed guide, which features an illustrated directory of 100 key herbs, including hemp, lavender, thyme, aloe vera, and lemongrass. Discover the treatment potential for each plant, and how you can prepare and use them to best effect. Alongside the directory, the book features more than 70 recipes designed to heal the body from the inside out, all of which can be prepared in your own kitchen. Try a fennel and chamomile tea to aid digestion, a cranberry and apricot power bar to boost energy levels, or a beeswax and calendula balm to combat stretch marks. With this easy-to-use treatment guides to help you find the herbs you need at a glance, Essential Herbs is a comprehensive guide to staying healthy the natural way.

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Getting Your FREE Bonus Download this book, read it to the end and see "BONUS: Your FREE Gift" chapter after the conclusion. Homemade Herbal Medicine Book Collection: 60 Medicinal Herbs & DIY Remedies for Health & Healing BOOK #1: Preppers Survival Medicine: 15 Plants and Herbs To Survive The End Of The World In this book, you are going to discover about how to survive in the absence of medical aid. You will learn everything about specific herbs and plants that are useful in the preparation of herbal medicine. Herbs and plants are safe for your health and you can use them in the wilderness. It is essential to learn about safe herbs and plants to survive the end of the world. This book is designed for your assistance so that you can learn about various plants, their uses, and properties. Images are available for your convenience so that you can identify them easily instead of selecting a wrong plant. Read recipes given in this book and understand the precautions for these medicines as well. BOOK #2: Medicinal Herbs: 25 Best Herbs and Herbal Mixes to Use As Herbal Remedies for Health and Healing It is really amazing to craft your own jewelry with the help of crochet yarn, beads, and various other things. If you learn the basic crochet stitches, you can start working on these projects. It will be really motivating and pleasing to design your own

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jewelry. This book is designed for your assistance to get unique bracelets, rings, and necklace. It will be a good start for you to commence your own business. If you have leisure time, this book will be a great choice for you to spend a good time. If you would like to wear some unique and distinctive crochet jewelry, the 15 patterns would be great for you.

Design matching necklace, rings, earrings and bracelets of your choice. Feel free to modify these patterns and change colors as per your needs. These patterns are easy to follow and you can complete this work in a short period of time.

BOOK #3: Medicinal Herbs: 20 Herbs and Herbal Mixes to To Healthy Living And Healing Pharmacies around the world have worked hard to come up with synthetic compounds and substitutes for elements that are already commonly found in nature. But when it comes to our health we don't need another imitation. Instead, let's take our search for health and wellness directly from the source. This book is for anyone that is looking for a natural solution to overcome everyday problems. Medicinal herbs have been with us for a long time, and whatever it is that you are facing, there is bound to be an herbal alternative for your needs. You do not have to turn to pharmaceuticals for every ache and pain; nature's supply will not let you down! It has been shown time and time again that some of the best medicine is the stuff that has been all around us. So instead of chopping up pills in some laboratory, why not get back down to the basics and take from the environment everything that you need! This book will teach you how like never before! Download your E book "Homemade Herbal Medicine Book Collection" by scrolling up and clicking "Buy Now with 1-Click" button! Tags: herbs, medicinal herbs, herbs for weight loss, medicinal herbs, herbal medicine, alternative medicine, edible and medicinal plants

"Show herbalists-in-training how to use a limited number of

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versatile, medicinal herbs to craft herbal remedies for common ailments, from allergies to fevers to headaches"--Publisher marketing.

The author of *Sweet Remedies* offers a straightforward, empowering guide to homegrown herbal remedies for illness injuries, and preventative health. Most of us understand the value of eating and buying local. Taking back our food, goods, and services from multinational corporations and sourcing them from small growers, producers, artisans, and entrepreneurs benefits our families, our environment, and our communities. *Heal Local* argues that "100-mile healthcare" can be equally valuable in terms of how we treat illness and injury and maintain wellness. This innovative guide demonstrates that by harnessing multifaceted whole plants, we can rely on homegrown or regionally produced herbs rather than importing exotics and non-natives. Based on the small apothecary model, author Dawn Combs explains how to:

- Maximize the benefits of homegrown first aid, from increased freshness, potency, and effectiveness to community resilience and local economic growth
- Make home herbal healthcare less intimidating and more attainable, by focusing on twenty herbs to effectively treat most common injuries and ailments
- Implement a local medicine culture safely and sustainably, while protecting and respecting wild plant populations

Many herbals overwhelm their readers, presenting a list of hundreds of herbs, each with a different purpose. *Heal Local* empowers readers by showing that you don't need to know everything about every herb on the planet to create a complete home apothecary. Anyone can be self-sufficient with their wellness, regardless of their previous knowledge, experience, or available space. *Mother Earth News Books for Wiser Living Recommendation* "An excellent reflection on integrating the western medicine model and local medicine communities." —Cheri Dinsmore, RN, BSN,

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president, Harmony Farm

Expert herbalist Maria Noël Groves has advice for budding herb gardeners: grow just what your body needs! In *Grow Your Own Herbal Remedies*, Groves provides 23 specially tailored garden plans for addressing the most common health needs, along with simple recipes for using each group of herbs. For chronic stomach problems, marshmallow, plantain, rose, fennel, and calendula make the perfect medicine, with recipes for tummy tea and gut-healing broth. Whether the need is for headache relief, immune support, stress relief, or a daily tonic, readers will learn the three to six herbs that are most effective and how to plant, harvest, and care for each one. In all of Groves's plant suggestions, the emphasis is on safe, effective, easy-to-grow herbs that provide abundant harvests and can be planted in containers or garden beds.

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**Homemade Herbal Medicine Book Collection: 60 Medicinal Herbs & DIY Remedies for Health & Healing BOOK #1: Preppers Survival Medicine: 15 Plants and Herbs To Survive The End Of The World** In this book, you are going to discover about how to survive in the absence of medical aid. You will learn everything about specific herbs and plants that are useful in the preparation of herbal medicine. Herbs and plants are safe for your health and you can use them in the wilderness. It is essential to learn about safe herbs and plants to survive the end of the world. This book is designed for your assistance so that you can learn about various plants, their uses, and properties. Images are available for your convenience so that you can identify them easily instead of selecting a wrong plant. Read recipes given in this book and understand the precautions for these medicines as well.

**BOOK #2: Medicinal Herbs: 25 Best Herbs and Herbal Mixes to Use As Herbal Remedies for Health and Healing** It is really

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amazing to craft your own jewelry with the help of crochet yarn, beads, and various other things. If you learn the basic crochet stitches, you can start working on these projects. It will be really motivating and pleasing to design your own jewelry. This book is designed for your assistance to get unique bracelets, rings, and necklace. It will be a good start for you to commence your own business. If you have leisure time, this book will be a great choice for you to spend a good time. If you would like to wear some unique and distinctive crochet jewelry, the 15 patterns would be great for you.

Design matching necklace, rings, earrings and bracelets of your choice. Feel free to modify these patterns and change colors as per your needs. These patterns are easy to follow and you can complete this work in a short period of time.

BOOK #3: Medicinal Herbs: 20 Herbs and Herbal Mixes to To Healthy Living And Healing Pharmacies around the world have worked hard to come up with synthetic compounds and substitutes for elements that are already commonly found in nature. But when it comes to our health we don't need another imitation. Instead, let's take our search for health and wellness directly from the source. This book is for anyone that is looking for a natural solution to overcome everyday problems. Medicinal herbs have been with us for a long time, and whatever it is that you are facing, there is bound to be an herbal alternative for your needs. You do not have to turn to pharmaceuticals for every ache and pain; nature's supply will not let you down! It has been shown time and time again that some of the best medicine is the stuff that has been all around us. So instead of chopping up pills in some laboratory, why not get back down to the basics and take from the environment everything that you need! This book will teach you how like never before! Download your E book "Homemade Herbal Medicine Book Collection" by scrolling up and clicking "Buy Now with 1-Click" button! Tags: herbs,

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medicinal herbs, herbs for weight loss, medicinal herbs, herbal medicine, alternative medicine, edible and medicinal plants

50 Natural Lotions for Beginners - Do-It-Yourself Lotions Using All-Natural Herbs, Essential Oils and Spices(TM) How would you like to learn how to make 50 different all-natural, chemical free lotions? Does it ever bother you when you go to the store and buy lotions that are full of mostly water and harmful chemicals? All natural lotions, lotion bars, and cremes are an absolute breeze to make and they are usually full of herbs and all natural ingredients making them a much better alternative to mass produced chemical based lotions. What's more is that they are extremely inexpensive to make so you can actually find yourself saving money! ? 50 Natural Lotions for Beginners was written with the do it yourself lotion artisan in mind! In this easy step-by-step guide you will learn how to make 50 different fun, healthy, and organic lotions I'll teach you about all the best ingredients and their benefits, the benefits of using lotions, lotion bars and cremes. I'll also show you how to use them, and the mistakes you should make sure to avoid when making them. All natural lotions are insanely beneficial. The recipes in this book will teach you how to make lotions made with completely organic and all natural ingredients - coconut oil, cocoa butter, shea butter, hemp oil, olive oil, beeswax, essential oils, and more. Beyond simply being healthier for you to use when compared to mass produced lotions, they also have a whole host of beneficial uses - you can use them to treat skin conditions, improve your skin, apply as bug repellants and even assist in effective pain relief. What you will learn: ? The harmful ingredients that go into store bought lotions ? Why homemade lotions run circles around the toxic, chemical ridden commercial lotions! ? The ingredients and supplies you will need to get started making homemade lotions. ? 50 different recipes that you can

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easily make at home. ? Tips and tricks - what you should and shouldn't do in the lotion making process. So, are you ready to learn how to make amazing all-natural lotions in your very own home? Then go ahead and grab a copy of my book so we can start making the best lotions that you've ever seen in your life! ? About the Author Serena Day was born in Auckland, New Zealand in 1980. She is professional non-fiction author with a passion for creating exceptional guides centered around environmental topics, natural recipes and eco-friendly arts and crafts. Serena's other passions include, cooking, hiking, reading and riding her electric moped around town. When it comes to her published titles, her main goal is to help her readers to live better lives through hands-on-learning and self-discovery. Her other published works include the popular "Cooking for Kids: A Healthy Vegan Cookbook With 25 Recipes Kids Love," and "Herbal Medicine for Everyone: The Beginner's Guide to Healing Common Illnesses with 20 Medicinal Herbs" available now in the Amazon Kindle store.

Providing an ideal accompaniment to any student's studies, this teach yourself series offers information and advice on a range of traditional and alternative therapies.

“Perfect for anyone just beginning in herbal medicine.”

—Mother Earth Living Start your path to natural wellness with the safe, trusted advice found in *The Herbal Apothecary*. With the guidance of naturopath JJ Pursell, you will learn how to safely create your own remedies using plants you know and love. Incorporating traditional wisdom and scientific information, *The Herbal Apothecary* provides an accessible and comprehensive introduction to plant-based medicine. It features profiles of the 100 of the most important medicinal plants that include information on medicinal uses, identification and cultivation, and recipes for common concerns. Additional information includes step-by-step



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instructions for making herbal teas, tinctures, compresses, salves, and more. This comprehensive guide includes treatments for men, women, and children that address a variety of concerns including muscle strain, the flu, the common cold, insomnia, anxiety, and much more.

The Modern Guide to Using Herbs and Essential Oils You don't have to identify with the goddess or Earth Mother labels to get going with holistic treatments for your everyday health needs. If you already buy organic produce, make an effort to eat whole foods, and tend to choose Method products over Windex, it only makes sense that that you'd approach your health, wellness, and beauty regimen with a similarly all-natural approach. Do-It-Yourself Herbal Medicine inspires you to easily and affordably take charge of how you look and feel by sharing simple and fun recipes that use Mason jars, sauce pans, and even your French press in creative ways. In these pages, you'll find:

- Down-to-earth info on the exploding popularity of essential oils and why they're so effective
- In-depth profiles of 5 must-have herbs to kick off your herbal medicinal projects, as well as 30 additional herbs to get to know and use
- Over 200 recipes for face and hair care, body and skin care, intimate care, mental health and wellness, common ailments, home cleaning products, and self-care for the day common occurrences, from a hangover to a Netflix binge watch

Improve your health and empower yourself today with these simply, powerful remedies.

This definitive Australian reference guide provides a unique insight into the medicinal actions of herbs, based on the latest scientific research. It contains a comprehensive Australian and New Zealand address list of organisations and practitioners.

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Feel Better Naturally With These Simple, Powerful Herbal Remedies Nowadays, we are more health conscious than before. This is evident in the clamor for everything organic and natural. Whether it is our foods, or beauty products, a large number of us now stay away from artificial additives having embraced the growing trend to go natural. Now when it comes to our health and well being, it only makes sense to use herbal remedies which are all-natural, safe and affordable as opposed to expensive and risky pharmaceuticals. Herbs have been in use for millions of years for treatment and consumption purposes. They are proven and established natural methods for treating infections and minor ailments. In this book, Mel Hawley, author of the "Big Book of Essential Oils for Healing" and "The Big Book Of Essential Oil For Beauty" presents safer, cheaper, less-time consuming and

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highly effective ways to treat these ailments in the comfort of your home. Whether you are battling a cold, headache, allergy, fever, psoriasis or weight loss, you can effectively address it with herbal teas, capsules, syrups, tinctures, poultices, salves, compresses and many more herbal forms to improve your health. This Book Also Contains:

- In-depth profiles and explanations of the 5 must-have herbs and 25 of the most commonly used herbs
- Separate information on herbs; how they work, how they are used and their benefits
- An extensive section devoted to safety and preparation tips; detailing preventative actions, procedure to follow, storage and labeling.
- 145 herbal remedies to soothe and heal for common ailments and injuries naturally
- Different approaches to an ailment in simple and clear, concise instructions

Why Wait! Buy Now!

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 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

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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.

Master herbalist Demetria Clark provides parents with safe, effective, natural alternatives to conventional medicines which often have negative side effects. This easy to follow, hands-on, practical guide shows how to use herbal remedies to resolve common childhood health issues: simple teas for tummy aches, drops for earaches, treatments for eczema and diaper rash, and much more. Readers are given an introduction to herbal medicine, an explanation of how each herb works and what conditions it treats, a guide to herbal staples for daily use and first aid, and an alphabetical listing of childhood illnesses along with their remedies. Readers are also shown how to gather, preserve, and store herbs, and make their own herbal teas, decoctions, infusions, and salves. Also included are resources on everything from buying and growing herbs to locating an herbalist.

Now updated to reflect the latest With hundreds of different herbs and remedies out there, making herbal medicine can be overwhelming. Thankfully, Dr. Sebi Book of herbal healing acts as the perfect salve, making things simple with 150 easy-to-follow recipes for highly effective herbal medicines. Discover natural ways to treat headaches, coughs,

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colds, hangovers, and more that don't carry the same risk of side effects that many pharmaceuticals do. Never made your own herbal medicine? Start things off right with helpful lists of must-have tools, plus important safety tips. Herbal Healing Remedies includes: -Herbal medicine for common ailments? Learn to make 150 different herbal remedies designed to help treat 75 different health issues. -Herb profiles? From agrimony and chamomile to licorice and skullcap, 50 of the most common, useful, and healing herbs are detailed. -Herbalism 101? Complete guides to collecting the right cookware, herb safety, and more help you jump straight in regardless of your experience level.

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