

Home Herbal

The Creative Herbal Home Susan Belsinger 2012-04-27 Herbs are a way of life for us. Like you, we are distinctive individuals who are interested in using herbs from our gardens to create beauty, happiness and health in our homes. The creative herbal home is a guide for both the beginner just introduced to herbs, to the more experienced home herbalist. It contains basic and detailed information about using common household ingredients combined with herbs and essential oils to make an array of herbal products for the home. We have informative chapters on herbs, essential oils, ingredients, definition of terms, and a chapter on plant chemicals for those who want to delve deeper into the science. The kitchen is our laboratory for herbal alchemy where we create items for our pantry, as well as household preparations, gardening comforts, remedies, tinctures, and even first aid kits. You can create sensual pleasures for soothing and renewing the body in the bath and boudoir using our body care recipes. We hope that this book will give you the tools as well as inspire your own creative herbal home.

Home Herbal Penelope Ody 1995 First published in the UK in 1995. Lavishly illustrated step-by-step guide to making herbal remedies to improve health and treat common ailments. Provides an A-Z of medicinal herbs and instructions for growing, harvesting and drying herbs. Includes a glossary and an index. The author is a professional herbalist, and former editor of the magazine 'Herbs', whose other publications include 'The Complete Medicinal Herbal.'

Home Doctor P. S. Phadke 2021-09-13 Remedies from your kitchen shelves and common plants for over 200 ailments.

Herbal Medicine Iris F. F. Benzie 2011-03-28 The global popularity of herbal supplements and the promise they hold in treating various disease states has caused an unprecedented interest in understanding the molecular basis of the biological activity of traditional remedies. Herbal Medicine: Biomolecular and Clinical Aspects focuses on presenting current scientific evidence of biomolecular ef

The Big Book of Backyard Medicine Julie Bruton-Seal 2020-03-03 The Most Thorough Compilation of Home Cures and Remedies Yet! Years ago, every household practiced natural healing by using what they had. Plants grow abundantly all over our roadsides, cities, and in your own backyard, and though once valued and widely used, they've fallen out of fashion over time as people forget the numerous medicinal uses at our fingertips. This book brings alternative medicine back to the forefront. Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, The Big Book of Backyard Medicine is the basis for a veritable natural pharmacy that anyone can create. Featuring one hundred specific plants and their associated remedies, and fully illustrated with hundreds of color photographs, this book offers fascinating insights into the literary, historic, botanical, and global applications of common wild plants and herbs that can be used in medicines, including: Ash Chicory Dandelion Forget-me-not Gypsywort Horseradish Mint Red Poppy Thistle Wild carrot Willow And so much more! Anyone who wants to improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home—and garden.

The Woman's Herbal Apothecary JJ Pursell 2018-07-17 The Woman's Herbal Apothecary is every woman's lifelong guide to herbal remedies for common health concerns. Novice herbalists and advanced practitioner's alike will learn how to naturally treat the complete spectrum of women's concerns, including preventative self-care, life transitions, and common feminine ailments. Learn how to prevent, soothe, and heal without resorting to medical remedies, which are often harsh, costly, and include unpleasant side effects. The Woman's Herbal Apothecary contains 200 natural remedies, covering the topics of menses, pregnancy, menopause, aging, fibroids, bladder infections, and low libido, among others. The book is conveniently divided into the major cycles of a woman's life: pre-childbirth, reproductive years, menopause, and beyond. Each section discusses specific physical complaints and how to treat them. You will learn which herbs are the most helpful for each phase of life and which are contraindicated or to be avoided. Master herbalist and naturopathic doctor JJ Pursell provides her own herbal solutions and DIY herbal

remedies. The concluding section is divided by specific common health issues in women, such as cardiac disease, thyroid disease, and adrenal dysfunction. With The Woman's Herbal Apothecary in hand, you are on your way to healing, hormone balance, beauty, longevity, and calm—the natural way.

The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs Heather Boon 2004 The most current scientific information from the world's leading medical journals. Although there is growing consumer awareness of alternative and complementary medicine, there is a lack of comprehensive information available on herbal products. While pharmacists, physicians and other health care professionals sometimes offer advice, their patients want more information. The Complete Natural Medicine Guide to the 50 Most Common Medicinal Herbs is a comprehensive, fully-illustrated reference to the 50 most commonly prescribed herbs. A complete description of each herb is featured along with its other common names, possible adverse effects, therapeutic uses for treating illness and disease as well as potential drug interactions. Some of the herbs included are: Aloe Vera Evening Primrose Goldenseal Scullcap Burdock Tumeric Tea Tree Oil Meadowsweet This guide is written by professional pharmacists, one a naturopathic doctor, using the most current research and clinical testing. The authors' easy-to-understand text, combined with the latest findings and clear directions for safe dosages, makes this practical reference on medicinal herbs a primary resource of data.

Home Herbal Susannah Steel 2011 Use this directory of 100 key medicinal herbs to discover what each herb can treat, how to harvest and grow it, how to use it to make a remedy, and how to apply it-- with detailed dosage advice.

The Essential Guide to Home Herbal Remedies Melanie Wenzel 2014 Designed to guide the beginner in discovering the benefits of ancient healing herbal treatments.

The Lost Book of Herbal Remedies Nicole Apelian 2019-07-07 304 color pages, paperback, improved print quality, and a lot more plant identification details This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful "relieving" extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

The Herbal Home Spa Greta Breedlove 1998-01-03 Create naturally sumptuous personal-care products to pamper every part of your body. Master herbalist Greta Breedlove presents easy-to-follow recipes for making your own masks, rubs, and lotions that rival those found at high-end spas and specialty shops. Harness the properties of natural herbs to create unique products that soothe your body, smell lovely, and are free from any harsh ingredients.

Home Herbal Remedies Jessica Houdret 2011-05-01 Safe and effective natural remedies for everyday ailments and general well-being, illustrated with over 300 informative photographs

The Doctors Book of Herbal Home Remedies Prevention Health Books 2001 You can cut through all the hype with this ultimate collection of authoritative information from the world's foremost herbal professionals. From the best-selling Doctors Book series, The Doctors Book of Herbal Home Remedies provides readers with the latest in herbal research from 200 experts in the United States and Europe. Here's a sampling. * For Back Pain: Rub sore muscles with hot-pepper cream to stimulate your body's natural painkillers * For Forgetfulness: Use rosemary, known in folklore as the herb of remembrance, to help improve your memory * For Bronchitis: Try a garlic poultice on your feet; it really works * For Nicotine Addiction: Take St. John's wort to help kick your smoking habit * For Osteoporosis: Drink dandelion leaf tea to help build bone density * For Weight Loss: Use ginseng to help your body store less fat The Doctors Book of Herbal Home Remedies combines solid research and expert advice with the accessibility that is the hallmark of the Doctors Book series, giving you proven, professional advice on using the best in herbal healing.

Home Herbal Penelope Ody 1995 A guide to 60 useful herbs and their use for common disorders specific to different age groups. Each herb is shown and its main therapeutic uses explained.

The Herbal Home Remedy Book Joyce A. Wardwell 1998-01-03 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.

Home Herbal Maureen Little 2014-02-06 This book will give you the knowledge and confidence to use your own herbs to make inexpensive wellbeing and domestic products from your own garden, without the need for costly commercial preparations, and with an eye to the more natural cultivation of useful herbs, in harmony with nature and in tune with our environment. It offers, to the budding herb grower and experienced gardener alike, a wealth of easy-to-follow advice and achievable projects on: ·Cultivating and using herbs for your health, first-aid, wellbeing and beauty ·Growing and using herbs to enhance your surroundings and living spaces ·How to grow, harvest, dry and look after your herbs ·The best designs for your herb garden space ·Comprehensive A to Z of first-aid, cosmetic and household herbs

The Complete Book of Home Herbal Remedies Tamara Kircher 1998 Discusses the therapeutic use of herbs for a variety of ailments, with information on selecting ingredients and preparing remedies.

Herbal Remedies Handbook Andrew Chevallier 2018-08-14 Dr. Andrew Chevallier brings his knowledge and practical expertise in herbal medicine to ordinary people looking for safe, effective treatments for common ailments. Enhancing health and well-being. Today, herbal medicine is widely acknowledged as a successful therapy for many chronic conditions that diminish the quality of life, such as digestive problems, skin disorders, and difficulties arising from menopause. In this book, Dr. Chevallier explains how herbal remedies work to stimulate the body's defenses against illness and its natural ability to heal itself. Treating yourself. In common with other holistic therapies, herbal medicine focuses equally on the underlying causes of illness and on its signs and symptoms. Herbal Remedies Handbook gives as much weight to the steps needed for individuals to correctly diagnose and treat themselves as to the 66 key remedies described, and their therapeutic uses. For ease of reference, the self-help section is arranged by ailments grouped according to the part of the person to be treated.

Herbal Home Remedies Todd C. Jude 2002 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, household tips, and beauty secrets presented in this tried and true guidebook. Now updated and expanded, Jude's 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.

The Gift of Healing Herbs Robin Rose Bennett 2014-03-11 Herbalists, naturopaths, plantspeople, witches, and natural healers will love the empowering information, engaging stories, and heartfelt meditations and rituals of natural herbal medicines in this book. Nominated as a Herbal Book of the Year by the International Herb Association, The Gift of Healing Herbs by well-respected urban herbalist Robin Rose Bennett offers readers who want to take charge of their health an immersion into a myriad ways to use

plant-based remedies to care for themselves and others on physical, emotional, and spiritual levels. With more than 180 easy-to-follow recipes informed by the wisdom that physical and spiritual healing are inextricably intertwined, The Gift of Healing Herbs explores herbology as the "people's medicine", freely available to all, and as a powerful yet gentle way to heal body, mind, heart, and soul. The book is divided into three parts: the first part examines health and the causes of illness; the second part comprises a reference of all the physical systems of the body and the common and not-so-common herbs for tonifying them; and the third part contains recipes for teas, brews, and instructions for incorporating herbs into our daily lives. The hundreds of recipes for herbal preparations in this book—accompanied by prayers, meditations, and rituals—offer spiritual and physical insights into the relationship between our body systems and the elements, Earth, Air, Fire and Water, thus helping the reader explore and experience the interconnection of all things in the web of life. Filled with personal stories, case histories, and elements of personal memoir, The Gift of Healing Herbs is equal parts inspiration and instruction drawn from the author's life and decades spent teaching and practicing herbal medicine in a spiritual, earth-based, nondogmatic style. The author explores how one's personal story turns into one's embodied physicality and ultimately reveals individual unique paths of healing for each reader. From the Trade Paperback edition.

The People's Pharmacy Guide to Home and Herbal Remedies Joe Graedon, MS 2002-02-18 *44% of adults take prescription medication. *1 in 5 also take herbal supplements. *15 million of these people are at risk for an adverse reaction. Are you one of them? Included in this powerful new book: *An A-Z handbook of common symptoms and ailments *Time-tested, Graedon-approved home and herbal remedies *An overview of the most popular herbs in the US, Europe, and Australia. *Over fifty monographs that detail the active ingredients, common uses, proper dosages, special precautions, adverse effects, and possible herb and drug interactions for each herb. *Resource listings of herbal web pages and products

The Good Living Guide to Natural and Herbal Remedies 2016-07-19 This back-to-nature reference guide details effective herbal medicines and natural remedies for digestive complaints, sore muscles, wound healing, teenage acne, allergic reactions, and much more. This book is packed with herbal wisdom, traditional use, and just the right amount of science. Gain confidence and understand how to use plant medicine in your home. Dive into the alchemy and art of herbal medicine preparations, receive safety tips, and perfect the techniques to create your own elixirs at home using the numerous recipes provided for delicious foods, herbal teas, tinctures, poultices, liniments, fomentations, herbal vinegars, salves, and oils. Scattered throughout are reflections on how bodies heal and the natural world's role in facilitating healing through connection to spirit and building community. Author Katolen Yardley has more than twenty years of experience as a Medical Herbalist and teaches courses in herbal medicine and naturopathy. Here she offers a simple, straightforward, and beautiful guide to natural remedies that will help you take charge of your health using nature's own medicine.

The Doctors Book of Herbal Home Remedies Prevention Health Books 1999 The advice of experts is applied to over 100 health problems, from everyday complaints, such as back pain and toothaches, to more serious disorders, including arrhythmia and depression.

Herbal Healing for Women Rosemary Gladstar 2017-04-18 Simple, safe, and effective herbal home remedies for women of all ages! From menstruation to menopause, learn how to prepare natural treatments for acne, PMS, morning sickness, hot flashes, yeast infections, and more. For centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Comprehensive and easy-to-use, Herbal Healing for Women explains how to create remedies—including teas, tinctures, salves, and ointments—for the common disorders that arise in the different cycles of a woman's life. Covering adolescence, childbearing years, pregnancy and childbirth, and menopause, Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne, PMS, morning sickness, and hot flashes. A complete women's health-care manual, Herbal Healing for Women discusses: -common disorders and the herbs that are effective for treating them -how to select and store herbs -preparation of hundreds of herbal remedies -an alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects. By explaining the properties of specific herbs and the art of preparation, Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well.

Llewellyn's Book of Natural Remedies Vannoy Gentles Fite 2020-04-08 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. One of BookAuthority.Org's 19 Best Holistic eBooks to Read in 2020

The Green Witch Herbal Barbara Griggs 1994-06 Centuries ago, every woman was an herbal expert by necessity, and her garden supplied medicines, cosmetics, and soaps. Today, as we seek natural alternatives to synthetic products, researchers are discovering that herbal legends often turn out to encode hard medical fact. This modern compendium of herbal remedies shows how to tap the astonishing power of plants and herbs.

Natural Herbal Therapy Lucinda Robinson 2012-04-03 Natural Herbal Therapy - A TORAH BASED WAY TO RECLAIM YOUR HEALTH NATURALLY Cure Yourself of AIDS, HIV+, Cancer and most other Ailments with Herbs Lucinda Gibbs Robinson, herbalist for 40 years, counsels people with cancer, AIDS, HIV+, diabetes, asthma, digestive ailments, and more. Using herbs, organic foods, natural supplements, and parasite, viral, bacterial, fungal, and mold cleanses, the body can totally recuperate from some of our most devastating diseases using no conventional drugs whatsoever. Multiple pollutants, chemical pesticides, herbicides, food additives, over the counter and prescription drugs, and more logjam the body's chemical processes. Herbal supplements to rid the body of these robbers of health are explained in this book.

Individual regimens are clearly outlined to overcome many medically diagnosed conditions at home. Years of experience in counseling and use of herbal formulas have helped hundreds of people cure themselves at home with simple natural remedies and globally used herbs. Written from a Scriptural perspective, the healing process is shown from a whole body, mind, and spirit approach. Contains some actual cases and many personal experiences in dealing with many types of diseases and conditions. Gives very specific information that has helped thousands of people overcome some of our most confounding health conditions.

Healing Herbal Infusions Colleen Codekas 2018-10-23 "An informative, user-friendly guide, Healing Herbal Infusions is brimming with great remedies, recipes and wise herbal advice." —Rosemary Gladstar Easy, All-Natural Remedies for Life's Aches and Pains Treat ailments the natural way with organic health remedies made from herbs found in your own garden, yard or neighborhood, without resorting to risky medications or prescriptions. These herbal infusions are incredibly easy to make—all you have to do is infuse fresh or dried herbs in a liquid to draw out the healing properties, and you get an amazing homemade remedy that will truly work for you and your family. Make your own herbal treatments for common cold and flu symptoms, such as Fever-Reducing Tea, Pine Needle Cough Syrup, and Sage, Marshmallow & Ginger Sore Throat Tea. Ease muscle and body aches with Arnica Salve for Sprains & Bruises and Basil, Thyme & Oregano Tea for Chronic Pain, and soothe digestion with Prebiotic Honey Electuary and Herbal Vinegar Infusion for Heartburn. Nourish your skin, lips, hair and, most importantly, your inner well-being with infusions such as Healing Flower-Whipped Body Butter, Relaxing Herbal Face Steam and De-Stress Tea. Save money and avoid harsh chemicals by infusing your own cures for burns, cuts, scrapes, dry skin, flaky scalp and even a baby's diaper rash, plus so much more! Each recipe features helpful info, safety tips and dosage recommendations for adults and children. With 75 homemade treatments, this book is the go-to modern resource to support your entire family's wellness the all-natural way. Learn more at:

www.growforagecookferment.com/healing-herbal-infusions

Jude's Herbal Home Remedies Jude Todd 2014-02-08 Discover a simpler, more natural way of life. Pour yourself a cup of chamomile tea, find a quiet corner, and browse through the wealth of natural remedies, household tips, and beauty secrets presented in this tried and true guidebook. Now updated and expanded, Jude's 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.

The Herbal Medicine-Maker's Handbook James Green 2011-03-09 THE HERBAL MEDICINE-MAKER'S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling THE MALE HERBAL. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is fundamental to every culture on the planet and is accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life.

Herbal Home Health Care John R. Christopher 1976-01-01

The Complete Book of Home Herbal Remedies Jade Britton 1998-01-01

Home Herbal DK 2011-03-07 Tap into the healing power of plants with Home Herbal. The modern answer to the traditional herbal, this beautifully illustrated eBook shows you how easy it is to grow and use a wide range of safe, effective medicinal herbs at home. Discover how to treat everyday ailments with home-made tinctures, and syrups, and how to use food as medicine with delicious, seasonal herb-based soups, smoothies and juices, hot drinks, and salads that will soothe, calm, and heal. With step by step breakdowns, learn how to grow your own food, forage in the wild, or buy items from a herbalist. Then, Home Herbal teaches you how to use herbs and recommends the top herbs for treating common ailments and presents nourishing, healing recipes for every season. Learn step-by-step techniques and herbal recipes for balms, massage blends, and bath oils. Home Herbal also features a fully illustrated A-Z directory of herbs that covers everything you need to know about each of the 100 herbs selected, from how to grow them, to which conditions they can help to treat, and the best ways to apply them. With Home Herbal as your guide, discover the satisfaction that comes from growing your own herbs and using them to care for yourself and your family, safe in the knowledge that they are natural and gentle, but highly effective.

Rosemary Gladstar's Herbs for the Home Medicine Chest Rosemary Gladstar 1999-01-01 Details how to create a natural first-aid kit using herbs such as chamomile, echinacea, and garlic

Herbal Remedies Made Simple Stacey Dugliss-Wesselman 2018-10-09 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.

The Big Book of Herbal Medicine Tina Sams 2022-03 Tap into nature's medicine cabinet and alleviate your ailments Better health and wellness can begin in your own backyard--literally. Discover the benefits of natural remedies with this definitive guide to herbal medicine and gain a greater understanding of how you can use plants to treat common ailments like rashes, exhaustion, inflammation, stomachaches, and so much more. What sets this herbal medicine book apart: Survey of herbal medicine--Whether you're new to herbalism or a dedicated practitioner, enjoy a comprehensive overview that covers all important aspects of medicinal herbs such as energetics, dosage, and must-have tools. 90 herb profiles--Explore the healing properties, safety considerations, and preparations of 90 herbs that are simple to source, from aloe to yarrow. 300 natural remedies--Address a wide range of physical, emotional, and skin-related issues with hundreds of easy-to-follow recipes for salves, balms, syrups, teas, and more. Unearth nature's healing remedies and improve your well-being with The Big Book of Herbal Medicine.

Heal Local Dawn Combs 2015 Imagine if everyone could step into their backyard or balcony and pick what they need for any minor health emergency. Homestead herbalist Dawn Combs shows how by using only 20 common plants with Heal Local's small apothecary model, you can provide complete herbal home

healthcare and be prepared for nearly all common injuries and ailments.

Herbal Remedies For Healing With Home Remedies: 3 Books In 1 Boxed Set Speedy Publishing
2019-11-22 As disease is on the rise despite the advances in pharmaceutical technologies, many people are turning to natural herbal remedies. The benefits of herbal remedies are bountiful and different for everyone, but just a few are affordability, fewer side effects, and can sometimes work much better than their chemical counterparts. Herbal remedies help those who are trying treat diseases the natural way.

Grow It, Heal It Christopher Hobbs 2013-05-21 Where there's a symptom, there's also a homegrown cure. With just a windowsill, container, or small space, it's easy to grow an instant herbal remedy. Whether it's a cough, heartburn, joint pain, or neuralgia, readers will discover how easy it is to treat 40 ailments and conditions using herbs and herbal preparations they grow and make themselves. With inspiration found in science, tradition, and modern herbalistic practices, *Grow It, Heal It* touts the healing power of more than 50 herbs—from anise hyssop to yerba mansa. Two of the nation's premiere herbalists share growing, harvesting, and healing advice in this easy-to-use and friendly guidebook for herbal newbies, featuring teas, tinctures, salves, poultices, compresses, and aromatherapy. Among the many benefits of growing do-it-yourself remedies, readers will discover the convenience of preparing healing potions and salves when they're most needed; the advantage of having organic, fresh, and high-quality herbs they've nurtured themselves; and how empowering it is to engage in self-care and why that's important to the healing process. Growing herbs at home allows readers to take an active role in their own health care.

Let's Get Natural with Herbs Debra Rayburn 2007 THE MOST COMPLETE A TO Z REFERENCE GUIDE TO UTILIZING HERBS FOR HEALTH AND BEAUTY. THE HERBAL BIBLE EVERY REFERENCE LIBRARY SHOULD HAVE ON THEIR SHELF. A much needed comprehensive reference guide to ensure the safe and effective use of herbs and their preparations. Millions of people use vitamins or herbs along with prescription drugs and over the counter (OTC) medications. Find out which herbs and other nutritional supplements can help prescriptions work better or reduce adverse reactions. And which combinations are dangerous and should never be taken together. * Separates fact from fiction concerning herbal medicine! * Information on more than 400 botanicals ranging from well-known herbs such as Chamomile and Ginseng to less familiar herbs such as Kava and Muirapuama. * Botanical remedies that enhance the body's ability to heal itself. These safe, non-invasive therapies are proving to be more powerful than the often harmful drugs and surgeries that comprise the modern medicines of today. * Appropriate precautions, adverse reactions, and possible prescription drug and over the counter (OTC) interactions with the use of herbs and other nutritional supplements. * The only natural health reference book that is both comprehensive and user-friendly.

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Home Herbal

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