

The How to Herb Book: Let's Remedy the Situation

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By A Customer Format: Paperback This book was designed to help you gain more confidence and knowledge in using herbs for not only yourself but your family as well. How Herbs Work In Your Body and Herb Types are how the book begins then quickly jumping into Individual Herbs which provides a concise detail of many of the popular herbs in use today. Their type, description and uses are among the knowledge you will gain by reading this book. Some of the other areas the book details, is Combination Herbs, Vitamins and Minerals, Cleansing, Diets and Fasts, Giving Herbs to Babies, an indepth section on Ailments and Remedies and much much more valuable information. With changing times and people taking more responsibility for their health, and using "herbal Remedies", The How To Herb Book will most certainly be a valuable asset in your herb book library.

Other Books

The Gift of Healing Herbs, 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" . Discover the myriad ways you can use herbal medicines to boost your physical, emotional, and spiritual wellbeing With more than 180 easy-to-follow recipes and written by a well-respected urban herbalist, The Gift of Healing Herbs explores ..."