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Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family

By Rosemary Gladstar

Storey Publishing LLC. Paperback. Book Condition: new. BRAND NEW, Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family, Rosemary Gladstar, Rosemary Gladstar is the mother of modern herbalism. Her wisdom and vision have inspired an entire generation of herbal healers, and her insights into the healing power of plants have helped people everywhere embrace more natural, healthy, and radiant lives. The bulk of the book is dedicated to specific herbal remedies for everyone in the family - adults, babies, children, and elders. Good Vision No-Cook Herbal Jam, for example, will help keep aging eyes functional, while Rosemary's Itch Relief Remedy offers a soothing salve for poison ivy. Whether a reader wants to soothe the baby's diaper rash, enjoy a better night's sleep, conquer headaches, cure a case of athlete's foot, or boost a sagging spirit, Gladstar's time-tested herbal remedies offer new options for natural healing. These therapies are enhanced with an A - Z herbal apothecary featuring detailed information about more than 90 herbs, as well as tips for preparing herbal remedies from scratch.



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Reviews

This book is definitely not effortless to start on reading through but extremely fun to learn. Better than never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.

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A very awesome ebook with perfect and lucid explanations. I could possibly comprehend every thing using this written e pdf I am happy to explain how this is basically the best ebook i have got read inside my personal life and may be the very best book for ever.

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