



Relate with Nature Herbal Magazine: Burdock

By Robin Nelson-Shellenbarger

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Its all about Burdock this month! Use burdock burs to stick stuff together just like velcro. Did you know parts of the burdock plant can be eaten? Burdock can help with all sorts of skin ailments and the best thing is its all natural! Burdock grows wild in so many parts of the country and can possibly be found in your very own area. Burdock root taken internally can help with liver issues and can act as a detox. In This Issue: All About Burdock Journal Pages Growing Growing Tips Harvesting Preserving Recipes with Burdock Recipe Pages (to make your own) Note on Vinegar Companion Herbs for Burdock Color Page Flash Cards Memory Game Field Guide Remedy Tags (to tag your finished products) Project Page And More.



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