

# The Herbal Apothecary 100 Medicinal Herbs And How To Use Them

Medicinal Herbs for Immune DefenseThe Witch's Herbal ApothecaryThe Herbal Medicine-Maker's HandbookWomen Healers of the WorldRosemary Gladstar's Herbal Recipes for Vibrant HealthRosemary Gladstar's Medicinal Herbs: A Beginner's GuideHerbal Medicine for BeginnersHer ApothecaryHomegrown HealingA Handbook of Native American HerbsHomegrown HerbsKitchen MedicineOur Daily MedsThe Power HerbsHealing Herbal TeasHerbal Remedies HandbookMedicinal Properties of Herbs and PlantsThe Modern Herbal DispensaryThe Herbal ApothecaryInfuseThe Herbal Lore of Wise Women and WortcunnersThe Herbal KitchenMedical HerbalismThe Complete Medicinal HerbalMagical HerbalismHerbal Medicine Natural RemediesEncyclopedia of Medicinal PlantsGrow Your Own Herbal RemediesThe Backyard Herbal ApothecaryThe Rebel's ApothecaryThe Herbal ApothecaryThe Handmade ApothecaryThe Wild & Weedy ApothecaryNational Geographic Guide to Medicinal HerbsThe Herbal ApothecaryHerbsAlchemy of HerbsAdvanced Herbal PharmacyPlant Magic

## Medicinal Herbs for Immune Defense

The Herbal Apothecary How To Make Herbal Tinctures Within the pages of this book you will find simple and easy to follow step-by-step instructions on how to prepare your own herbal tinctures. There are over 20 wonderful herbal remedies in this book, that you will find very easy and quick to prepare in the comfort of your own home or even if you are travelling or on the go. You can easily take the tincture remedies with you to prepare where ever you go. Enjoy learning how to prepare fantastic aromatic tinctures that can help to

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cure your ailments. Allow these herbal tinctures to help lift your spirits, and restore your health, and allow you to feel peace and tranquility once again in your life. Use this book as a guide to help you to fulfill your passion on learning more about medicinal herbs and spices. Allow them to enhance your health and well-being with their vitalizing, and physical health giving capabilities.

## The Witch's Herbal Apothecary

Herbs are quite literally everywhere; it is only our ability to recognise their value that has been lost. Vicky and Kim explore the traditional uses of herbs combined with a modern and scientific understanding of a truly holistic approach so that you can use herbs to treat ailments and improve your general wellbeing. The book contains fascinating information about herbs and with suggestions of what each herb can be used for. Did you know that daisies infused in oil can be used to reduce bruises? That roses can help grieving and anxiety? Or that elderflower cordial can bring down a temperature? There is also an introduction to each of the body's systems (nervous, respiratory etc.) and which herbs are best for treatments. And of course, the book is peppered with vinegars, balms, oils, tinctures, creams, lotions and syrups to create your own little herbal health kit. Vicky and Kim also encourage people to reconnect with their local environment in addition to growing herbs in their gardens or windowsills. An all-encompassing guide for the beginner, *The Handmade Apothecary* is filled with guidance, useful tips and tried-and-tested recipes that will inspire people to make their own remedies.

## The Herbal Medicine-Maker's Handbook

Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures

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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.

## Women Healers of the World

Enjoy a thriving, fragrant herb garden and use your harvest to bring beauty, flavor, and health to your everyday life. Tammi Hartung provides in-depth profiles of 101 popular herbs, including information on seed selection, planting, maintenance, harvesting, and drying. Hartung also shows you how to use your herbs in a variety of foods, home remedies, body care products, and crafts. Whether you're a seasoned herbalist or planting your first garden, Homegrown Herbs will inspire you to get the most out of your herbs.

## Rosemary Gladstar's Herbal Recipes for Vibrant Health

Lost your zest for life? Feeling tired and sluggish? Need a health boost? Reach for a soothing cup of herbal tea and harness the extraordinary power of nature's most potent healing ingredients. With more than 70 expertly formulated recipes for tasty, soothing, caffeine-free infusions, tea tips to help you get the most from your brew, and a comprehensive directory of herbal ingredients and their active properties and benefits, you can blend, brew and sip your way to wellbeing.

## Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide

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A resource organized by body system lists the key herbal remedies available, their uses and cautionary advice, in a book that includes full-color photos, a glossary and several thematic indexes.

## Herbal Medicine for Beginners

A foundational textbook on the scientific principles of therapeutic herbalism and their application in medicine □ A complete handbook for the medical practitioner □ Includes the most up-to-date information on preparations, dosage, and contraindications □ By the author of *The Complete Illustrated Holistic Herbal Medical Herbalism* contains comprehensive information concerning the identification and use of medicinal plants by chemical structure and physiological effect, the art and science of making herbal medicine, the limitations and potential of viewing herbs chemically, and the challenge to current research paradigms posed by complex plant medicines. It also includes information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques. With additional sections devoted to the principles of green medicine, the history of Western Herbalism, the variety of other medical modalities using medicinal plants, an extensive resource directory, and a discussion of treatments organized by body system, *Medical Herbalism* is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices.

## Her Apothecary

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

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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 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.

## Homegrown Healing

Discover the therapeutic properties of more than 140 medicinal herbs such as turmeric, elderflower, and ginger root with Herbal

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Remedies Handbook. Take charge of your health and wellness naturally with tried-and-tested plant-based home remedies. Reliable, authoritative, and accessible, it's packed with expert advice and know-how on essential herbal remedies, including crucial safety and dosage information you can trust. If you've ever wondered how to treat a cold with Echinacea tea or boost your brainpower with ginkgo biloba, then let Herbal Remedies Handbook be your guide. Learn how to prepare effective remedies at home with step-by-step instructions for making herbal teas, decoctions, and tinctures. Identify how to treat more than 50 common conditions including headaches, hay fever, and the symptoms of menopause with at-a-glance charts on remedies for home use. Compact and easy to understand, it's the guide every home herbalist needs - let it be your trusted companion on your journey to natural health and wellness.

## A Handbook of Native American Herbs

Focusing on the easiest plants for beginners to grow, Homegrown Healing covers 30 medicinal herbs, recommended by professional herbalists, that can be grown in the temperate zone. Initial garden preparation, garden design and harvesting tips lead the novice herbalist into early success. The reader will learn: -The ideal harvest time for each herb -Which parts of the herb are used in herbal preparations -How to increase the potency of home remedies -How to grow medicinal herbs in difficult circumstances -Which herbal preparations can be made at home and which ones should be purchased -The difference between using whole herbs and herb-like drugs -Including 40+ recipes to make for your homegrown apothecary -With 30 In depth medicinal herb profiles

## Homegrown Herbs

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## Kitchen Medicine

A fun, modern, and irreverent introduction to healing herbs, this field guide to feeling good includes more than 20 plant profiles. Here is an invitation to the wild world of healing plants growing right outside your door. Highlighting herbs from catnip and plantain to nettles and rosemary, this book provides the information you need to assemble an herbal arsenal for combatting any ailment—everything from brewing up a slick lube tea for sexual health to fashioning a simple summer band-aid from backyard weeds to crafting an herbal smoking blend to quiet a busy mind. This accessible guide covers questions like: What is plant medicine? What can I put in my mouth and where do I find it? Can I still go to my doctor? We've got you covered.

## Our Daily Meds

Learn how to improve your health and wellness with the healing magic of cannabis, CBD and medicinal mushrooms. When health coach and wellness blogger Jenny Sansouci learned that her father was diagnosed with stage 4 pancreatic cancer, her extensive knowledge of the latest alternative therapies was put to the test. Jenny dove into the world of cannabis and mushrooms and their medicinal properties - and she and her dad are now outspoken champions of the healing power of these plants and fungi - not only to tame the side effects of chemotherapy, but to address everyday wellness concerns. The Rebel's Apothecary is the result of her heartfelt and rigorous quest -- a science-based and supportive guide that will enhance the lives of anyone living with pain, anxiety, depression, a weakened immune system, insomnia, and more. Complete with background information, dosing instructions, and everyday recipes, this is the essential handbook for harnessing the ancient healing powers of cannabis and mushrooms --safely,

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without confusion, fear, or an unwanted high. In addition to debunking myths and de-stigmatizing these powerful healing plants and fungi, The Rebel's Apothecary presents: \* Specific protocols and dosage guides for wellness uses (mood, sleep, immunity, focus, energy) and managing common chemotherapy side effects \* Everyday wellness routines \* Recipes for delicious, easy, health-enhancing cannabis and mushroom infused smoothies, coffee drinks, teas, elixirs, gummies, and broths - including recipes from chefs and wellness experts like Dr. Andrew Weil, Kris Carr, Seamus Mullen, Marco Canora and more \* The latest research on CBD, THC, medicinal mushrooms and psilocybin \* Tips for creating a cutting-edge home apothecary of your own

## The Power Herbs

The wait is over for a practitioner-oriented guidebook instructing on efficacious herbal preparation. Drawing heavily upon vintage western pharmacopoeias, *Advanced Herbal Pharmacy* uncovers and brings forth what was considered common knowledge to turn of the century (19th/20th) pharmacists/chemists; that is, how to prepare effective herbal medicines with efficiency and without overly elaborate equipment. These well-prepared herbal medicines (or rather 'organic drugs') went on to successfully treat a variety of dysfunctions, some of which modern medicine struggles with, even to this day.

## Healing Herbal Teas

"Show herbalists-in-training how to use a limited number of versatile, medicinal herbs to craft herbal remedies for common ailments, from allergies to fevers to headaches"--Publisher marketing.

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## Herbal Remedies Handbook

A must have guide for any woman aspiring to enhance her wellness and feminine vitality using the powerful healing properties of herbs and other natural food. Written by chartered herbalist, Ebele Chioma, founder of CHIOMA Nutrition and Asana LadiesBalance, Her Apothecary compiles western traditional herbal recipes using common herbs that are simple, safe, easy to follow and effective. Get ready to reclaim your vitality, balance hormones naturally, clear acne prone skin, get more energy and feel amazing! Nourish, heal and protect your feminine health with natural healing herbs.

## Medicinal Properties of Herbs and Plants

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 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 Herbal Dispensatory

Freshly blended herbal teas offer more healing power than do pre-

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packaged tea bags. In *Healing Herbal Teas*, master herbalist and author Sarah Farr serves up 101 original recipes that not only offer health advantages but also taste great. Formulations to benefit each body system and promote well-being include Daily Adrenal Support, Inflammation Reduction, and Digestive Tonic. Additional recipes that address seasonal needs such as allergy relief or immune support will attune you to the cycles of nature, while instruction on the art of tea blending will teach you how to develop your own signature mixtures to give your body exactly what it needs. This book is an enchanting and delectable guide to blending and brewing power-packed herbal teas at home.

## The Herbal Apothecary

"This rich study of herbal lore opens up the unfamiliar world of herbal healers around the world, focusing on the tradition of northern European and Anglo-Saxon witches and wortcunners (knowers of healing plants)"--Provided by publisher.

## Infuse

□A brilliant addition to any library.□ □Rosemary Gladstar, herbalist and bestselling author More and more people are exploring the healing possibilities of plant-based medicines, and health shops across the country now stock their shelves with natural remedies, but treatments can easily be made at home. *The Herbal Apothecary* profiles 100 of the most important medicinal plants with striking photographs and step-by-step instructions for making herbal teas, tinctures, compresses, and salves to treat everything from muscle strain to the common cold or anxiety. This holistic guide also includes advice for the home gardener on growing and foraging for medicinal plants. Incorporating traditional wisdom and scientific information, *The Herbal Apothecary* provides an accessible and

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comprehensive introduction to plant-based medicine. With the guidance of naturopath JJ Pursell, herb enthusiasts can learn how to safely create their own remedies using plants they know and love.

## The Herbal Lore of Wise Women and Wortcunners

Boost your immunity and your health Now more than ever, we are seeking safe and natural ways to help bolster our health from the safety of our own homes. Dr. JJ Pursell, a naturopathic physician and the author of *The Herbal Apothecary*, is here to help with herbal recipes focused on boosting our immune systems. *Medicinal Herbs for Immune Defense* offers recipes that will help you support and build up your immune system, with recipes addressing common health concerns like colds, the flu, bronchitis, coughs, and more. The 104 recipes include capsules, salves, teas, tinctures and more that are safe and easy to create at home. You will also learn how to build a home apothecary and find value in a primer focused on the most powerful herbs. Don't wait for illness to strike—prevention will always be the best medicine. *Medicinal Herbs for Immune Defense* includes remedies for a wide range of concerns: Antiviral treatments Chest colds Coughs Earaches Fevers Influenza Sinusitis Strep throat

## The Herbal Kitchen

Did you know there's a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for: Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . . Alchemy of

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Herbs will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that's as simple and inexpensive as cooking dinner. With the guidance of herbalist Rosalee de la Forêt, you'll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family. In addition to offering dozens of inspiring recipes, Rosalee examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics. Grow your knowledge of healing herbs and spices, and start using nature's pharmacy to feed, heal, and nurture your whole family!

## Medical Herbalism

Treat Ailments the Natural Way with Plants and Herbs from Your Yard Your garden or neighborhood could hold all the plants and herbs you need to treat everything from respiratory issues to nerve pain to colic using natural remedies that are just as good for your body as they are for the environment. The Backyard Herbal Apothecary is packed to the brim with information on 50 different plants, recipes for 56 remedies and beautiful photography on every page. Devon Young, founder of the holistic lifestyle blog Nitty Gritty Life, is a trained herbalist and is well practiced in developing and implementing herbal remedies. As a result, each of Devon's recipes is a natural and effective tonic for your health concerns. Use cottonwood to make a salve for achy joints, heal minor bumps and bruises with the common yard daisy, infuse some nettle to make an allergy-season combating tincture and so much more, all using safe and locally foraged plants. Poignant, captivating writing awakens the senses as you learn about the healing quality of each plant and

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discover how to grow and forage plants and herbs in a safe and sustainable way.

## The Complete Medicinal Herbal

### Magical Herbalism

Just outside your doorstep or kitchen window, hidden beneath a tall pine tree or twining through porch latticework, a wild and weedy apothecary waits to be discovered. Herbalist Doreen Shababy shares her deep, abiding love for the earth and its gifts in this collection of herbal wisdom that represents a lifetime of work in the forest, field, and kitchen. This herbalism guidebook is jam-packed with dozens of tasty recipes and natural remedies, including Glorious Garlic and Artichoke Dip, Sunny Oatmeal Crepes, Candied Catnip Leaves, Lavender Lemonade, Roseberry Tea, Garlic Tonic, Parsnip Hair Conditioner, and Dream Charms made with Mugwort. A sampling of the herbal lore, legend, and instruction found within these pages: The difference between sweet-faced flowers and flowers with attitude How to assemble a well-stocked pantry The importance of gratitude Plant-spirit communication basics How to use local wild herbs How to make poultices, teas, tinctures, balms, and extracts Praise: "Those who dare delve into this book may emerge with catnip on their breath, mud on their knees, wild fruit juices on their hands, and a mysterious, satisfied smile—the very image of a wild and weedy woman. Come on!"—Susun S. Weed, wild woman herbalist

In the last thirty years, the big pharmaceutical companies have transformed themselves into marketing machines selling dangerous medicines as if they were Coca-Cola or Cadillacs. They pitch drugs

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with video games and soft cuddly toys for children; promote them in churches and subways, at NASCAR races and state fairs. They've become experts at promoting fear of disease, just so they can sell us hope. No question: drugs can save lives. But the relentless marketing that has enriched corporate executives and sent stock prices soaring has come with a dark side. Prescription pills taken as directed by physicians are estimated to kill one American every five minutes. And that figure doesn't reflect the damage done as the overmedicated take to the roads. Our Daily Meds connects the dots for the first time to show how corporate salesmanship has triumphed over science inside the biggest pharmaceutical companies and, in turn, how this promotion driven industry has taken over the practice of medicine and is changing American life. It is an ageless story of the battle between good and evil, with potentially life-changing consequences for everyone, not just the 65 percent of Americans who unscrew a prescription cap every day. An industry with the promise to help so many is now leaving a legacy of needless harm.

## Herbal Medicine Natural Remedies

The Witch's Herbal Apothecary is a magickal book of recipes, rituals, and materia medica for reconnecting with the power and healing of Earth Magick. Author Marysia Miernowska is the Director of one of California's most renowned herbal schools and named one of the top 15 witches on Instagram (@marysia\_miernowska) by Huffington Post. Mother Earth is a living entity that holds great medicine to heal us physically and spiritually. However, in today's modern world, too many of us are separated from this source of nourishment. Using the wheel of the year as a framework, you'll begin to understand the currents of nature and how to weave yourself back into this great web of life. Using the plants, seasons, and cycles as your tools, you will be able

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to tap into the potent Earth Magick of life, death, renewal and rebirth. You will learn ways of growing medicine, harvesting from the wild or home garden, processing plants, and making remedies—all in harmony with the seasons. Each season opens a portal of magick that allows you to harvest the literal and spiritual gifts the Earth is offering at that time. The Witch's Herbal Apothecary will awaken the Witch inherent in every wild soul and guide her into an empowered relationship of healing and magick with the natural world.

## Encyclopedia of Medicinal Plants

Did you know that fresh parsley leaves contain more vitamin C than oranges, lavender can be used for eczema, or that red raspberries help with morning sickness? This book is different because it provides step-by-step instructions for extracting the medicinal properties within herbs and plants. It also shows you how to use those properties to improve your health. Included with the 393 individual herb and plant profiles are "how to" chapters for creating individualized herbal products and quick reference sections for alternative solutions to medical ailments. Also provided within the pages are the precautions, safety guidelines, and recipes for treatment applications. The ability to ease suffering, shorten the duration, or eliminate an affliction is a desire shared by everyone. You will use this book more often than any cook book or medical hand book. Good health to you and yours.

## Grow Your Own Herbal Remedies

Practice an ancient magic that is both natural and beautiful - the magic of amulets and charms, sachets and herbal pillows, incenses and scented oils. This practical and poetic guidebook by SCott CUnningham has introduced over 100,000 readers to the practice of

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herbal magic. Magical Herbalism will teach you how to identify, gather, grow, dry and store herbs and use them for protection, divination, healing and love. Also included are: the magical names of herbs, flowers, trees and roots; a Witch's herbal; Herbal remedies; a list of baneful herbs and flying ointments.

## The Backyard Herbal Apothecary

In Kitchen Medicine the authors describe the wealth of healing and emergency remedies that sit unused and idle in the kitchen. Superb illustrations adorn a lively text. The ingredients are all easily found in the kitchen although in some cases they are exotic in origin (just think of tea, coffee and chocolate).

## The Rebel's Apothecary

Herbal remedies have been used to treat common ailments for thousands of years. Kennedy profiles the most commonly used herbs, and gives you recipes to naturally soothe and heal everyday illnesses, from abscesses to yeast infections.

## The Herbal Apothecary

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.

## The Handmade Apothecary

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

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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.

## The Wild & Weedy Apothecary

Craft a soothing aloe lotion after an encounter with poison ivy, make a dandelion-burdock tincture to fix sluggish digestion, and brew up some lavender-lemon balm tea to ease a stressful day. In this introductory guide, Rosemary Gladstar shows you how easy it can be to make your own herbal remedies for life's common ailments. Gladstar profiles 33 common healing plants and includes advice on growing, harvesting, preparing, and using herbs in healing tinctures, oils, and creams. Stock your medicine cabinet full of all-natural, low-cost herbal preparations.

## National Geographic Guide to Medicinal Herbs

This authoritative guide—based on the author's classic reference work, *Indian Herballology of North America*—is a portable illustrated companion for the professional and amateur herbalist alike. It provides detailed descriptions of 125 of the most useful medicinal plants commonly found in North America, along with directions for a range of uses, remedies for common ailments, and notes on the herbal traditions of other lands. Entries include staples of folk medicine such as echinacea and slippery elm as well as common

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kitchen herbs—such as parsley, thyme, and pepper—whose tonic and healing properties are less widely known.

## The Herbal Apothecary

Describes the healing properties of more than one hundred herbs and lists useful herbal treatments for hundreds of common ailments

## Herbs

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. From the Trade Paperback edition.

## Alchemy of Herbs

A celebration of the healing traditions that made yoga, acupuncture, and aromatherapy popular. The recent trend toward holistic living has heightened our national fascination with herbal remedies and less conventional therapies such as acupuncture, yoga, aromatherapy, and ethnobotany. Now, this intimate and inspiring book opens up the world of herbal medicine to those interested in learning about the history of these techniques and approaches. Women Healers of the World shares with readers an extraordinary variety of healing plants from around the world that have inspired

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today's "alternative" medicine, as well as the stories, challenges, and triumphs of remarkable women healers from past and present—all of whom promote the use of medicinal herbs. Through this book, herbalist and author Holly Bellebuono aims to educate readers about sixteen plant-based world healing traditions and thirty women who have practiced them. Bellebuono also explores the geography, history, and medical heritage of twenty countries where these traditions originated. With thorough knowledge of the uses and effects of these healing traditions, readers can then move on to featured recipes for herbal remedies they can make in their home kitchens. Following Bellebuono's instructions, readers will produce remedies such as soothing lip balms, wound pastes, face masks, arthritis oils, relaxing bath salts, and revitalizing teas.

## Advanced Herbal Pharmacy

Do you enjoy eating garlic bread? Does oregano always find its way into your spaghetti sauce? Do you garnish potato salad with paprika? Then you are participating in the ancient tradition of using herbs to enhance the health benefits and digestibility of your food. With over 250 recipes for herbal oils, vinegars, pestos, dressings, salts, cordials, syrups, smoothies and more, *The Herbal Kitchen* provides the information necessary to prepare, store, and use herbs, and create a long term healthcare plan. *The Herbal Kitchen* will help you to recognize the extraordinary pharmacy that already exists in your own kitchen—one that will boost immunity, heal sickness, enhance energy, and ensure overall health and vitality, all without the need for fancy equipment or specialty products.

## Plant Magic

Herbs have been used for centuries to treat major and minor ailments, and as people seek more natural approaches to health,

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herbal remedies have become the most popular modern form of alternative medicine. Herbs is a guide to these plants healing properties in which you will learn: -How to cultivate herbs at home and in the garden. -A range of common ailments and the herbs used to treat them. -Comprehensive guidance on using herbs safely. This is a beautiful and comprehensive guide to the characteristics and curative properties of 130 of the most useful healing herbs. Each spread offers a summary of the herb by its common name, its properties, uses, availability, and safety information. Herbs are shown in their various forms, and a color photograph of its leaf or flower against a black background captures the herb's beauty as never before.

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