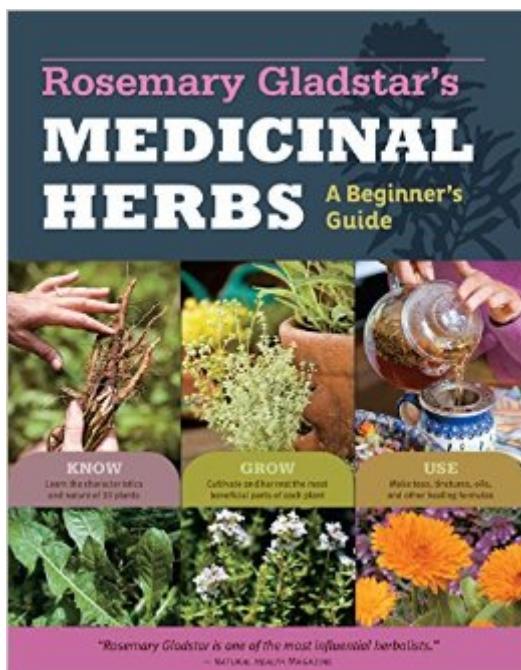


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Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs To Know, Grow, And Use



Synopsis

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.

Book Information

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Customer Reviews

I have to say something right up front. I am not a beginning herbalist. I have been studying and using herbs for years. And I am a teacher, helping others to learn how to incorporate herbs into their lives for health and well-being. Rosemary Gladstar's *Medicinal Herbs: A Beginner's Guide* satisfies both the herbalist and the teacher in me. It is an excellent guide for learning about herbs, a treasure trove of practical recipes and ideas as well as a priceless gift of wisdom and insight from one of the leaders of the herbal movement in America. There are a lot of herbals available, many of them written by Gladstar herself. *Medicinal Herbs: A Beginner's Guide* outshines any number of them on a number of levels. The book is beautifully done, a true feather in Storey Publishing's cap. The pictures are rich and vibrant and the material is presented in a clear and helpful way. There are four main sections. The first is a simple introduction to herbs and herbal medicine in which Gladstar's enthusiasm is immediately apparent. The second section, an introduction to making your own

herbal remedies, provides step-by-step instructions for making the most basic and practical of herbal preparations, including teas, tinctures, and salves, among other things. In the third section Gladstar discusses nine herbs that most of us are familiar with, revealing uses for them that may not be so familiar at all. The fourth section presents twenty-four herbs that are safe and beneficial for most people to use regularly, but which readers may not find familiar. As I read through the book, I was pleased to see many new recipes and ideas mixed in with some of Gladstar's tried and true recipes, such as her Fire Cider and Gypsy Cold Care Remedy.

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