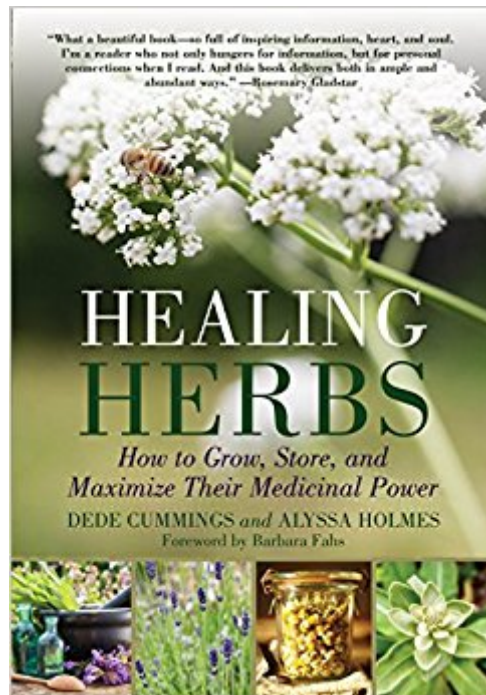


The book was found

Healing Herbs: How To Grow, Store, And Maximize Their Medicinal Power



Synopsis

Dig into the world of herbal medicine with this complete guide to cultivating and harvesting plants with healing properties. For thousands of years, people have been utilizing herbs and cultivating weeds found to speed the healing of wounds, soothe skin irritations, calm uneasy stomachs, and ward off illnesses. In these pages, you'll learn the basics of gardening in your backyard; or on your windowsill or porch; including instructions for: Garden design Composting Garden maintenance Harvesting Recipes for salves, lotions, and poultices And more! You'll also find profiles of useful herbs that are easy to grow or wildcraft, along with inspiring stories, medicine-making instructions, and recipes for your home medicine chest. Known to boost immunity, reduce blood pressure, aid digestion, and relieve arthritis among other medicinal properties, powerful plants such as garlic, Echinacea, yarrow, elderflower, mint, elecampane, and many more are included in this illustrated guide.

Book Information

Paperback: 192 pages

Publisher: Skyhorse Publishing (May 2, 2017)

Language: English

ISBN-10: 1510716106

ISBN-13: 978-1510716100

Product Dimensions: 6.9 x 0.7 x 9.9 inches

Shipping Weight: 1.6 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #128,529 in Books (See Top 100 in Books) #53 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Herbs #92 in Books > Reference >

Encyclopedias & Subject Guides > Gardening #102 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Reference

Customer Reviews

Dede Cummings is the author of *The Organic Composting Handbook*, *The Good Living Guide to Beekeeping*, and coauthor of *The Medicinal Gardening Handbook*. She is a publisher, book agent, avid gardener, and healthy living enthusiast. She lives in Brattleboro, Vermont, in a house built by her husband, Steve Carmichael. Alyssa Holmes is the herbalist and apothecary manager at the Brattleboro Holistic Health Center in southern Vermont. She is the coauthor of *The Medicinal Gardening Handbook*. Her training includes studying with Rosemary Gladstar of Sage Mountain

Herbs, Barbara Fahs on the Big Island of Hawaii, and the American Institute of Vedic Studies. Alyssa grows medicinal herbs and makes medicine for her clients and family on her homestead in Brattleboro, Vermont.

[Download to continue reading...](#)

Healing Herbs: How to Grow, Store, and Maximize Their Medicinal Power Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1) American Medicinal Leaves And Herbs; Guide To Collecting Herbs and Using Medicinal Herbs and Leaves Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use Herbs:How To Dry And Prepare Your Herbs - A Herbal Beginners Guide: :: Easy To Follow And Learn How To Dry And Store Your Herbs ONLY! The Medicinal Garden: How to Grow and Use Your Own Medicinal Herbs The Encyclopedia of Medicinal Plants: A Practical Reference Guide to over 550 Key Herbs and Their Medicinal Uses How To Dry Herbs At Home: The Ultimate Guide To Drying Herbs (Herb Gardening, Herbs And Spices, Condiment Recipes, Condiment Cookbook, Herbal Recipes, ... Mixing Herbs, Spices, Sauces, Barbecue) The Beginner's Guide to Medicinal Plants: Everything You Need to Know About the Healing Properties of Plants & Herbs, How to Grow and Harvest Them A Handbook of Native American Herbs: The Pocket Guide to 125 Medicinal Plants and Their Uses (Healing Arts) Natural Medicinal Plants: Use 12 of the Proven Medicinal Herbal Plants for Healing, Skin and Beauty Heinerman's Encyclopedia of Healing Herbs & Spices: From a Medical Anthropologist's Files, Here Are Nature's Own Healing Herbs and Spices for Hundreds of Today's Most Common Health Problems Container: Herb Gardening, Made Easy: How To, Grow Fresh Herbs, At Home, In Pots (Beginners, Guide, Green House Plan, Medicinal, Homegrown Use, Natural ... Tiny House, Backyard Farming Book 5) Drying Garden Herbs: The Ultimate Guide To Drying Herbs - Amazing Tips And Tricks On How To Easily Dry Fresh Herbs Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) A Modern Herbal (Volume 1, A-H): The Medicinal, Culinary, Cosmetic and Economic Properties, Cultivation and Folk-Lore of Herbs, Grasses, Fungi, Shrubs & Trees with Their Modern Scientific Uses Store Silver Guard Gold: How and Where to Store and Secure Your Gold and Silver from Thieves, Frivolous Lawsuits, Government Confiscation and a Zombie Apocalypse How to Grow Herbs and Microgreens for Health or Profit: Make Money Growing Herbs and Microgreens Indoors Thrift Store Profits: 10 Common Items That Sell For Huge Profit On Ebay and (Thrift Store Profits)

Contact Us

DMCA

Privacy

FAQ & Help