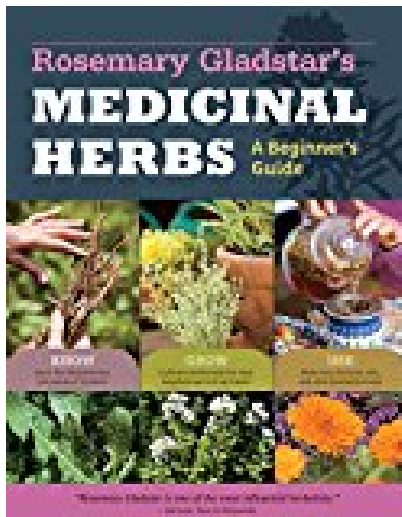


Rosemary Gladstar's Medicinal Herbs A Beginner's Guide 33 Healing Herbs to Know Grow and Use



BOOK DETAILS

- Author : Rosemary Gladstar
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BOOK 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.

ROSEMARY GLADSTARS MEDICINAL HERBS A BEGINNERS GUIDE 33

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