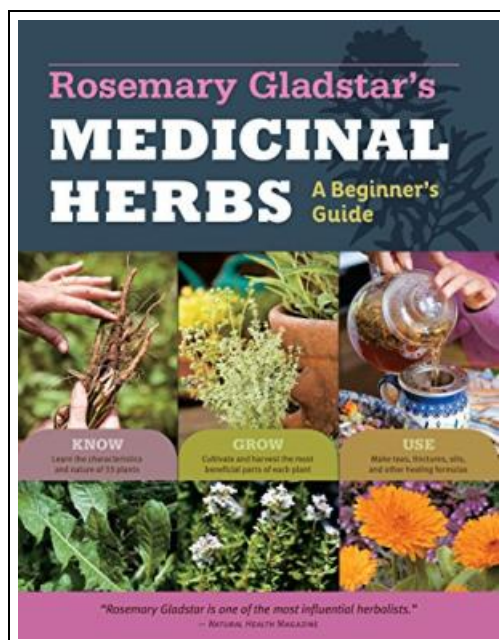


## The Beginner's Guide to Medicinal Herbs: 33 Healing Herbs to Know, Grow, and Use



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Storey Publishing LLC. Paperback. Book Condition: new. BRAND NEW, **The Beginner's Guide to Medicinal Herbs: 33 Healing Herbs to Know, Grow, and Use**, Rosemary Gladstar, Just as people are increasingly thinking about where their food comes from - and looking for greater control over their food sources - they are also seeking to take greater control of their health care. With health care costs soaring and the frightening list of side effects from pharmaceutical drugs continuing to build, many are looking to herbal medicine for a gentler, less expensive approach to treating everyday ailments. This title covers 33 common plants that can be grown nearly anywhere and used in a variety of ways, including familiar plants such as garlic, echinacea, burdock, nettles, and chamomile. It includes step-by-step instructions for drying and preserving herbs and for making the most common herbal preparations, including salves, syrups, tinctures, pills, and capsules. It features 20 basic recipes, including some "food as medicine" recipes for healing pestos, vinegars, and soups.



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