

[Books] Rosemary Gladstars Herbal Remedies For Childrens Health

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Rosemary Gladstar's Herbal Recipes for Vibrant Health-Rosemary Gladstar 2015-10-01 Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures 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.

Herbal Healing for Women-Rosemary Gladstar 2017-04-18 Simple, safe, and effective herbal remedies for

women of all ages. For centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Comprehensive and easy-to-use, *Herbal Healing for Women* explains how to create remedies—including teas, tinctures, salves, and ointments—for the common disorders that arise in the different cycles of a woman's life. Covering adolescence, childbearing years, pregnancy and childbirth, and menopause, Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne, PMS, morning sickness, and hot flashes. A complete women's health-care manual, *Herbal Healing for Women* discusses: -common disorders and the herbs that are effective for treating them -how to select and store herbs -preparation of hundreds of herbal remedies -an alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects. By explaining the properties of specific herbs and the art of preparation, Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well. *Herbal Remedies for Children's Health*-Rosemary Gladstar 1999-01 Provides effective herbal remedies for a child's health and care

Herbs for Long-Lasting Health-Rosemary Gladstar 2014-05-16 Rosemary Gladstar shows you how to enhance your well-being in middle age and beyond using herbal remedies that effectively and safely promote vitality. With in-depth profiles of 22 medicinal herbs, preparation instructions, and dosage guidelines, you'll discover how you can use astragalus to regenerate your body's immune system, bilberry to ease eye problems, and milk thistle to rebuild damaged liver cells. You'll be amazed at how herbal treatments can help support your nervous system, activate your metabolism, and keep your bones and joints healthy.

Herbs for Natural Beauty-Rosemary Gladstar 1999-01-06 One of America's foremost herbalists provides concise, simple-to-understand, and practical information for using herbs for health and well-being. Each book contains profiles of specific herbs, cautions, contraindications, and easy-to-make recipes to relieve common ailments.

Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide-Rosemary Gladstar 2012-04-30 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 Gladstar's Herbal Healing for Men-Rosemary Gladstar 2017-06-13 Best-selling author Rosemary Gladstar, long known for her outstanding recipes, now customizes her expertise for men. Dozens of delicious and simple formulas address men's most common health concerns — including sexual vitality, prostate well-being, and heart health. An A-to-Z compendium of these ailments details how to effectively treat them using a variety of safe and easy natural remedies. In-depth profiles of 29 herbs explain how men will benefit from each and suggest uses and accessible preparation tips. This handy guidebook for men — and the women who love them — provides a helpful introduction to this crucial, but often-overlooked, aspect of natural wellness.

Herbs for Stress & Anxiety-Rosemary Gladstar 2014-05-06 Treat stress, anxiety, depression, and more with simple herbal remedies that calm your mind, build a healthy nervous system, and promote lasting peace. In this informative guide, renowned herbalist Rosemary Gladstar profiles 21 herbs proven to be effective at soothing common ailments like insomnia, panic attacks, skin conditions, and migraines. With simple directions for making herbal mixtures that can be used in delicious teas, tinctures, and capsules, Gladstar shows you how to harness the power of nature to achieve a more relaxed and fulfilling life. Ê Herbs for Common Ailments-Rosemary Gladstar 2014-11-14 In this Storey BASICS® guide, best-selling author and master herbalist Rosemary Gladstar shows you how to use 56 common herbs to safely address a wide range of everyday ailments. Covering everything from burns, wounds, and bruises to headaches,

congestion, and insomnia, Gladstar offers dozens of easy-to-make recipes for herbal remedies that will soothe your woes without the harsh ingredients found in commercial pharmaceuticals. Keep your family happy, healthy, and safe with the natural healing power of herbs.

Rosemary Gladstar's Herbs for the Home Medicine Chest-Rosemary Gladstar 2012-11-02 Rosemary Gladstar, one of the world's foremost herbalists, shows you how to create your own all-natural first-aid kit, customized to your family's particular needs. With her concise, simple instructions, you'll learn how to make healing teas, syrups, salves, pills, and baths to safely and effectively treat common ailments, such as colds, flus, sore throats, burns, cuts, headaches, heartburn, digestive problems, and more.

The Gift of Healing Herbs-Robin Rose Bennett 2014-03-11 Herbalists, naturopaths, plantspeople, witches, and natural healers will love the empowering information, engaging stories, and heartfelt meditations and rituals of natural herbal medicines in this book. Nominated as a Herbal Book of the Year by the International Herb Association, The Gift of Healing Herbs by well-respected urban herbalist Robin Rose Bennett offers readers who want to take charge of their health an immersion into a myriad ways to use plant-based remedies to care for themselves and others on physical, emotional, and spiritual levels. With more than 180 easy-to-follow recipes informed by the wisdom that physical and spiritual healing are inextricably intertwined, The Gift of Healing Herbs explores herbology as the "people's medicine", freely available to all, and as a powerful yet gentle way to heal body, mind, heart, and soul. The book is divided into three parts: the first part examines health and the causes of illness; the second part comprises a reference of all the physical systems of the body and the common and not-so-common herbs for tonifying them; and the third part contains recipes for teas, brews, and instructions for incorporating herbs into our daily lives. The hundreds of recipes for herbal preparations in this book—accompanied by prayers, meditations, and rituals—offer spiritual and physical insights into the relationship between our body systems and the elements, Earth, Air, Fire and Water, thus helping the reader explore and experience the interconnection of all things in the web of life. Filled with personal stories, case histories, and elements of

personal memoir, *The Gift of Healing Herbs* is equal parts inspiration and instruction drawn from the author's life and decades spent teaching and practicing herbal medicine in a spiritual, earth-based, nondogmatic style. The author explores how one's personal story turns into one's embodied physicality and ultimately reveals individual unique paths of healing for each reader. From the Trade Paperback edition.

Grow Your Own Herbal Remedies-Maria Noel Groves 2019-03-19 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 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.

Planting the Future-Rosemary Gladstar 2000-09 *Planting the Future* shows how land stewardship, habitat protection, and sustainable cultivation are of critical importance to ensure an abundant renewable supply of medicinal plants for future generations.

The Herbal Medicine-Maker's Handbook-James Green 2011-03-09 *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.

Herbs for Children's Health-Rosemary Gladstar 2015-04-21 Herbal remedies can provide safe and effective treatment for common childhood ailments ranging from diaper rash and teething to sore throats and conjunctivitis. In this Storey BASICS® guide, Rosemary Gladstar shows you how to prepare soothing salves, syrups, tablets, and teas that support children's health. With simple instructions, clear dosage guidelines, and in-depth profiles of 24 medicinal herbs, you'll soon be confidently easing your child's achy flu with some hibiscus tea and using the healing properties of nettles to combat bouts of hay fever.

Rosemary Gladstar's Family Herbal-Rosemary Gladstar 2001 Considered the mother of modern herbalism in North America, Gladstar shares her knowledge and enthusiasm for herbs in this easy-to-understand book with tried-and-true advice for health and energy. Photos.

Sweet Remedies-Dawn Combs 2019-04-02 Taking medicine just got a whole lot sweeter! Honey is well known for its healing properties. When infused with the additional benefits of medicinal herbs and fruits, it turns natural remedies that can be unpleasant tasting into a treat to take. Author Dawn Combs makes these traditional herbal honeys — called “electuaries” — and has created her own formulations for addressing a variety of common health ailments. With Sweet Remedies, readers will learn her methods for making electuaries in their home kitchens, using recipes that range from Ache Ease and Sleep Well to Heartful and Calcium for Kids, along with instructions for making simple honey infusions and oxymels — a combination of herbs, honey, and vinegar. Additional recipes offer creative ways to get a daily dose of healing by using herbal honeys in no-bake cookies, smoothies, cocktails, candies, and more. For those with access to the hive, Combs includes an overview of other bee-produced products with healing properties — including pollen, propolis, and royal jelly — and offers advice on how to harvest them sustainably.

Organic Body Care Recipes-Stephanie L. Tourles 2007-06-01 Discover the joys of all-natural body care. Stephanie Tourles shows you how to use fruit, flowers, herbs, and minerals to craft healthy products that promote radiant skin, strong nails, shiny hair, and an elevated mood. Pamper yourself from head to toe with products like Strawberry Cleanser, Pineapple Sunflower Scrub, and Almond Rose Body Lotion. Gentle

on your skin and free of harsh chemicals found in commercial products, you'll want to indulge yourself over and over with these luxuriously aromatic bath blends, face masks, and body scrubs.

Rosemary Gladstar's Herbs for Longevity & Well-being-Rosemary Gladstar 1999-01 Provides a holistic program for health and longevity using herbal foods, supplements, and formulas

The Male Herbal-James Green 2011-03-02 In this long-awaited second edition of THE MALE HERBAL, James Green gives men and boys the tools they need to create or maintain physical and emotional health through a customized herbal program. By following Green's newly developed constitutional model and referencing the comprehensive alphabetical herbal listings, men can create an herbal program attuned to their unique body type, lifestyle, and health needs. Featuring life-changing information about common plants, herbal alternatives to Viagra, medicinal uses of herbs for male-specific issues, and nearly thirty recipes for teas, tinctures, salves, and tonics, this updated guide emphasizes prevention and health with sensitivity and wisdom.

Herbal Antivirals-Stephen Harrod Buhner 2013-09-24 Take control of your health with herbal antivirals. As traditional medications become less effective against today's potent and aggressive viruses, natural alternatives are proving capable of fighting off many common viral threats. Stephen Harrod Buhner offers in-depth instructions on how to prepare and use herbal formulations to prevent and treat infections such as SARS, influenza, and encephalitis. These natural remedies will fight off disease and strengthen your immune system, keeping your family healthy and happy.

Homegrown Herbs-Tammi Hartung 2015-04-15 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.

Herbal Adventures-Rachel Jepson Wolf 2018-10-23 In Herbal Adventures, you'll pull on your boots and discover the magical plants that are growing just beyond your door. Explore nearby parks, fields, and forests, then make all sorts of tasty and useful things for your family and friends! "A real gem...a perfect beginners' book no matter your age." —Rosemary Gladstar, herbalist and author Start with a delicious homemade soda, flower petal pancakes, or a soothing balm for cuts and scrapes. Sip herbal tea that's fit for the fairies, craft syrup to quiet your cough, and assemble supplies for your own rough-and-tumble herbal first aid kit. You can also skip the foraging and dive into making the recipes with purchased, dried herbs. Herbal Adventures includes recipes and instructions for making: Elderberry syrup Herbal chai Dandelion honey Herbal first aid balm Chickweed pesto Herbal cough syrup Pine needle tea Sore throat soother Splinter and sting salve Plus dozens more herbal teas, snacks, oils, and balms! Pack up your own foraging kit, and get crafty making seed bombs, flower crowns, and your own homemade plant press. What are you waiting for? All this and more awaits you on your next herbal adventure!

The Herbal Apothecary-JJ Pursell 2015-12-30 "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 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.

Dental Herbalism-Leslie M. Alexander 2014-06-30 A comprehensive practical reference to herbal dental care for all ages • Details the use of 41 safe and effective herbs for the mouth • Explores 47 common

conditions that affect the mouth, such as gingivitis, periodontitis, acid reflux, and tooth loss • Provides recipes for herbal toothpastes, mouth rinses, pain-relieving poultices, and teas for prevention and daily care • Examines infant and toddler oral care, including remedies for teething and thrush Our oral health is intimately linked with our overall health and well-being. In this practical guide to herbal dental care, medical herbalist Leslie Alexander and registered dental hygienist Linda Straub-Bruce detail how to use 41 safe and effective herbs for the mouth for optimum oral health, prevention of decay and inflammation, and relief from pain and discomfort. The authors provide recipes for herbal toothpastes and rinses, poultices for pain and inflammation, and teas and tinctures for intervention, prevention, and daily care. They explain how recent research confirms the link between poor oral health and many diseases, such as diabetes, stroke, and heart disease. They examine the risk factors, symptoms, causes, and herbal preventives and remedies for 47 common conditions that affect the mouth, such as gingivitis, periodontitis, bruxism, acid reflux/GERD, and tooth loss. They explore the complete anatomy of the mouth and explain proper brushing, flossing, and tongue-cleaning techniques to prevent tooth decay and gum disease and maintain bridges, implants, and braces. The authors address the importance of diet and nutrition in oral health as well as controversial topics including fluoride. They provide an in-depth chapter on pregnancy, infant, and childhood oral care, including herbal remedies for teething and thrush. Ideal for those looking to improve their own oral health, herbalists looking to address the root cause of systemic inflammation, or dental professionals searching for natural alternatives, this authoritative yet practical guide empowers each of us to reclaim the health of our mouths and sustain a full, strong set of teeth for a lifetime.

The Herbalist's Way-Nancy Phillips 2005 This updated edition of The Village Herbalist provides a complete guide to the art and practice of herbalism, as well as an introduction to the herbalist's role in family and community life. Inspirational profiles of practicing herbalists from across the country add a human touch to the authors' wealth of practical herbal knowledge. The Herbalist's Way includes time-honored healing

wisdom from many cultures, as well as information on:

- Roles and responsibilities of herbalists in their communities
- Herbal workshops, conferences, and education centers
- Growing, drying, and preparing medicinal herbs
- Learning to listen to clients and recommend holistic treatments for healing and continued wellness
- Licensing, marketing, and other legal and business issues facing modern herbalists

• Comprehensive resources and suggestions for building your herbal library

The Woman's Herbal Apothecary-JJ Pursell 2018-07-17 The Woman's Herbal Apothecary is every woman's lifelong guide to herbal remedies for common health concerns. Novice herbalists and advanced practitioner's alike will learn how to naturally treat the complete spectrum of women's concerns, including preventative self-care, life transitions, and common feminine ailments. Learn how to prevent, soothe, and heal without resorting to medical remedies, which are often harsh, costly, and include unpleasant side effects. The Woman's Herbal Apothecary contains 200 natural remedies, covering the topics of menses, pregnancy, menopause, aging, fibroids, bladder infections, and low libido, among others. The book is conveniently divided into the major cycles of a woman's life: pre-childbirth, reproductive years, menopause, and beyond. Each section discusses specific physical complaints and how to treat them. You will learn which herbs are the most helpful for each phase of life and which are contraindicated or to be avoided. Master herbalist and naturopathic doctor JJ Pursell provides her own herbal solutions and DIY herbal remedies. The concluding section is divided by specific common health issues in women, such as cardiac disease, thyroid disease, and adrenal dysfunction. With The Woman's Herbal Apothecary in hand, you are on your way to healing, hormone balance, beauty, longevity, and calm—the natural way.

The Herb Book-John Lust 2014-05-10 More than 2,000 complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer natural aids to health and happiness. Includes tips on growing, botanical medicine, seasoning, and much more.

The Organic Medicinal Herb Farmer-Jeff Carpenter 2015-05-06 A new approach to growing local medicine, including information on geo-authenticity, wildcrafting, and developing a good business plan

Both a business guide and a farming manual, *The Organic Medicinal Herb Farmer* will teach readers how to successfully grow and market organic medicinal Western herbs. Whether you're trying to farm medicinal plants, culinary herbs, or at-risk native herbs exclusively or simply add herbal crops to what you're already growing, successful small-scale herb farmers Jeff and Melanie Carpenter will guide you through the entire process—from cultivation to creating value-added products. Using their Zack Woods Herb Farm in Vermont as a backdrop, the Carpenters cover all the basic practical information farmers need to know to get an organic herb farm up and running, including:

- Size and scale considerations;
- Layout and design of the farm and facilities;
- Growing and cultivation information, including types of tools;
- Field and bed prep;
- Plant propagation;
- Weed control, and pests and diseases;
- Harvesting, as well as wild harvesting and the concept of geo-authentic botanicals;
- Postharvest processing; and,
- Value-added products and marketing.

The authors also provide fifty detailed plant profiles, going deeper into the herbs every farmer should consider growing. In an easy-to-understand, practical, and comprehensive manner, readers will learn how to focus on quality over quantity, and keep costs down by innovating with existing equipment, rather than expensive technology. Market farmers who have never before considered growing medicinal herbs will learn why it's more important to produce these herbs domestically. *The Organic Medicinal Herb Farmer* makes a convincing case that producing organic medicinal herbs can be a viable, profitable, farming enterprise. The Carpenters also make the case for incorporating medicinal herbs into existing operations, as it can help increase revenue in the form of value-added products, not to mention improve the ecological health of farmland by encouraging biodiversity as a path toward greater soil health.

Do-It-Yourself Herbal Medicine: Home-Crafted Remedies for Health and Beauty-Sonoma Press 2015-07-10
The Modern Guide to Using Herbs and Essential Oils You don't have to identify with the goddess or Earth Mother labels to get going with holistic treatments for your everyday health needs. If you already buy organic produce, make an effort to eat whole foods, and tend to choose Method products over Windex, it

only makes sense that that you'd approach your health, wellness, and beauty regimen with a similarly all-natural approach. Do-It-Yourself Herbal Medicine inspires you to easily and affordably take charge of how you look and feel by sharing simple and fun recipes that use Mason jars, sauce pans, and even your French press in creative ways. In these pages, you'll find:

- Down-to-earth info on the exploding popularity of essential oils and why they're so effective
- In-depth profiles of 5 must-have herbs to kick off your herbal medicinal projects, as well as 30 additional herbs to get to know and use
- Over 200 recipes for face and hair care, body and skin care, intimate care, mental health and wellness, common ailments, home cleaning products, and self-care for the day common occurrences, from a hangover to a Netflix binge watch

Improve your health and empower yourself today with these simply, powerful remedies.

Herbal Goddess-Amy Jirsa 2015-04-21 Working with 12 common herbs, Amy Jirsa offers recipes and ideas to open your mind, strengthen your body, and nourish your spirit. In-depth profiles show you how to unlock the powerful properties of calendula, chamomile, cinnamon, dandelion, echinacea, elder, ginger, holy basil, lavender, nettle, rose, and turmeric through delicious teas and foods, luxurious salves, skin and hair care treatments, complementary yoga poses, and meditations. Discover the natural keys to radiant health and wellness.

Herbal Remedies Handbook-Andrew Chevallier 2018-08-14 Discover the therapeutic properties of more than 140 medicinal herbs such as turmeric, elderflower, and ginger root with Herbal 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.

The Herbal Kitchen-Kami McBride 2019-04-01 "Kami McBride provides everything you need to amaze your friends and family with a seasonal bounty of delicious herbal drinks, smoothies, cordials, pestos and more." -- Rosalee de la Forêt, author of *Alchemy of Herbs* Herbs are a gift from nature. They not only help to create aromatic and delicious food, they also support overall health and wellness on a daily basis. Using dried and fresh herbs in your cooking boosts your intake of vitamins and minerals, improves digestion, strengthens immunity, and increases energy. Using plants as medicine is an ancient and powerful tradition that connects you to the earth, helps treat common ailments, promote restful sleep, relaxation, and more. The Herbal Kitchen will help you recognize the extraordinary pharmacy that probably already exists in your own kitchen. With 50 easy-to-find herbs and spices, information and tips for preparing, storing, and using them, and over 250 simple, flavorful recipes, it will empower you to care for your health. Whether you are already familiar with herbs or are just starting out on the herbal path, Kami McBride offers recipes for everyone. Mix up refreshing drinks, infuse oil, vinegar and honey, learn how to make tinctures and cordials, salts, sprinkles, and more.

Healing Herbal Infusions-Colleen Codekas 2018-10-23 "An informative, user-friendly guide, *Healing Herbal Infusions* is brimming with great remedies, recipes and wise herbal advice." —Rosemary Gladstar *Easy, All-Natural Remedies for Life's Aches and Pains* Treat ailments the natural way with organic health remedies made from herbs found in your own garden, yard or neighborhood, without resorting to risky medications or prescriptions. These herbal infusions are incredibly easy to make—all you have to do is infuse fresh or dried herbs in a liquid to draw out the healing properties, and you get an amazing homemade remedy that will truly work for you and your family. Make your own herbal treatments for common cold and flu symptoms, such as Fever-Reducing Tea, Pine Needle Cough Syrup, and Sage, Marshmallow & Ginger Sore Throat Tea. Ease muscle and body aches with Arnica Salve for Sprains &

Bruises and Basil, Thyme & Oregano Tea for Chronic Pain, and soothe digestion with Prebiotic Honey Electuary and Herbal Vinegar Infusion for Heartburn. Nourish your skin, lips, hair and, most importantly, your inner well-being with infusions such as Healing Flower-Whipped Body Butter, Relaxing Herbal Face Steam and De-Stress Tea. Save money and avoid harsh chemicals by infusing your own cures for burns, cuts, scrapes, dry skin, flaky scalp and even a baby's diaper rash, plus so much more! Each recipe features helpful info, safety tips and dosage recommendations for adults and children. With 75 homemade treatments, this book is the go-to modern resource to support your entire family's wellness the all-natural way. Learn more at: www.growforagecookferment.com/healing-herbal-infusions

Master Recipes from the Herbal Apothecary-JJ Pursell 2019-03-05 JJ Pursell, the bestselling author of The Herbal Apothecary, is back with a complete, one-stop resource for herbal remedies that heal and nurture the whole family. Master Recipes from the Herbal Apothecary offers safe, trusted natural remedies written by a board certified naturopathic physician. It starts with master recipes for tinctures, salves, teas, capsules, oils washes, and more. Once you understand how to make these basic formulations, you can access the more than 375 specific recipes that address a range of health concerns from the common cold and headaches to insomnia and digestive issues. Comprehensive, thoroughly researched, and beautifully packaged, Master Recipes from the Herbal Apothecary you be your guide for a more natural path toward sustained health and wellness.

The Modern Herbal Dispensatory-Thomas Easley 2016-11-29 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 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.

Natural Hair Coloring-Christine Shahin 2016-05-17 Commercial hair dyes contain thousands of different chemicals, some of which are reported to be carcinogenic — but you don't have to choose between gorgeous color and good health. Natural hair care expert Christine Shahin shows you how to use nontoxic plant pigments — henna, indigo, amla, and cassia — to color your hair naturally, whatever your hair type or ethnicity, with beautiful results! These pigments are readily available at natural food stores and online, and they're simple, safe, easy to use, and cost-effective. With clearly written instructions and step-by-step photography, Shahin shows you exactly how to apply these pigments, alone or in combinations, to achieve a full range of shades of brown, black, and red. She also includes instructions for transitioning from chemical dyes to natural ones and for using chemical and natural dyes together.

Alchemy of Herbs-Rosalee de la Forêt 2017-04-04 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 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!

Healing Herbal Teas-Sarah Farr 2016-12-27 Freshly blended herbal teas offer more healing power than do pre-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.

Body into Balance-Maria Noel Groves 2016-04-02 Silver Nautilus Book Award Winner for Health & Healing An antacid or an aspirin may soothe your pain, but it doesn't cure the cause of your symptoms.

Headaches, indigestion, fatigue, allergies, anxiety, eczema, high blood pressure, and other conditions are clues to a deeper imbalance in your body, and learning to read those clues is a key step in maintaining optimal health. Herbalist Maria Noël Groves shows you how to read your body's signals and support your own wellness with herbal remedies and other natural treatments. You'll learn how each of your major body systems — respiratory, digestive, immune, nervous, memory, reproductive, circulatory, and more — optimally functions, and you'll discover how to use natural remedies to nourish and repair problem areas, restore lost vitality, support your body as a whole, and prevent future problems. Groves includes in-depth instructions, with step-by-step photographs, for making your own herbal remedies, as well as expert guidance on buying and effectively using commercial preparations.

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