

Download File PDF The Complete Herbal
Handbook For The Dog And Cat

The Complete Herbal Handbook For The Dog And Cat

The pioneer of herbal veterinary medicine has again thoroughly revised, updated and expanded her book on natural and organic cures and farming methods, first published in 1952 and now a classic in its field.

The Complete Herbs Sourcebook

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features more than two hundred healing herbs and clear, step-by-step advice revealing how to safely treat a wide variety of complaints from diabetes and depression to tinnitus and whooping cough—without any harmful side effects. Featured inside are herbs that benefit all parts of the body, from the circulatory, respiratory, digestive, and nervous systems to the skin, ears, nose, throat, eyes, and beyond. The herbs chosen and remedies featured were specially chosen

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by expert herbalist David Hoffmann, who trained with the National Institute of Medical Herbalists and has been president of the American Herbalist Guild and director of the California School of Herbal Studies, the premier school of herbal education in the United States. Also presented by Hoffmann are simple ways to diagnose ailments, gather herbs, and prepare the remedies. He reveals the parts of the herbs to be used, when and where to collect them,

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and the proper preparation and dosage. With The Complete Herbs Sourcebook, you can both create your own herbal medicine chest and find useful information for your family's wholeness and health. Designed as a charming green and white volume, fine line drawings of the herbs are featured throughout. An index for cross-referencing herbs is in the back of the book to ensure safety and reveal how to maximize health benefits. Tips and tricks

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and key information is offset throughout. 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. Herbs for Pets, by herbalists and holistic experts Gregory L. Tilford and Mary L. Wulff, is the bible for all pet owners looking to enhance their companion animals' lives through natural therapies.

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Now in its second revised edition, Herbs for Pets is an indispensable resource, an exhaustive compendium of medicinal plants and natural remedies that hosts an illustrated tour through Western, ayurvedic, and Chinese herbs that grow in North America, including their holistic applications and contraindications, and alternative approaches to treating a wide range of ailments. Remedies in the book are applicable to dogs and cats, as well as birds, small mammals, and even

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farm animals. The book is organized into three chapters, the first is dedicated to the "Principles and Practices of Herbalism," discussing the many facets of herbs, concerns about toxicity, basic herbal preparation, the ethical use of herbs, the connection between herbs and diet, and using herbs as dietary supplements. Chapter 2, titled "Materia Medica: An A-Z Guide to Herbs for Animals," is an exhaustive 150-page section presenting color photographs

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and text about the appearance, habitat and range, cycle and bloom season, parts used, primary medicinal activities, strongest affinities, common uses, availability, propagation and harvest, alternatives and adjuncts, and cautions and comments for 65 different herbs (from Alfalfa to Yucca!). The common uses section is extensive for each herb, discussing the nutrient value, various qualities, and ways in which the herb is used for specific treatments. The third

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chapter of the book is titled "An Herbal Repertory for Animals: Ailments and Treatments" and details remedies for the following: anxiety, nervousness, and behavioral problems; arthritis and hip dysplasia; cancer; cardiovascular problems; digestive system problems; ear problems; elderly animal care; endocrine system and related problems; epilepsy, convulsions, and seizures; eye problems; first aid, immune system care; mouth and nose problems; parasite-

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related problems; pregnancy and lactation; skin problems; and urinary problems. The authors share over two dozen herbal remedies for various ailments, from asthma and pneumonia to constipation and eye cleaner. A glossary of over 200 terms is included, as are references and a comprehensive index. . Breverton's Complete Herbal Native American Herbalist's Bible 4 Books in 1 - Discover The Ancient Healing Power Of Plant Medicine. The

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***Complete Herbal Apothecary With Natural Remedies & Traditional Ceremonies For Your Wellbeing
The Complete Herbal Book for the Dog
The Most Complete Catalog of Herbs Ever Published***

Herbal Remedies Handbook

Describes the healing properties of more than one hundred herbs and lists useful herbal treatments for hundreds of common ailments

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

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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***

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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.

The Natural Way to Wellness Find essential information on hundreds of vitamins, herbs, and supplements -- What will VITAMIN E help cure and how much should I take? Vitamin E can help prevent heart disease and treat acne. Adults should take 100 to 400 IU of natural vitamin E daily. Find vitamin, herb, and supplement treatments for hundreds of

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conditions! Experiencing migraines? See MAGNESIUM: There is considerable evidence that low magnesium levels trigger both migraine and tension headaches. Take 250 to 400 milligrams three times daily. Learn about possible interactions with your prescription drugs! Taking ST. JOHN'S WORT for depression? It may interfere with amphetamines, diet pills, nasal decongestants, or allergy medications, causing nausea or high blood pressure. Here is your comprehensive, portable, one-step guide to all over-the-counter vitamins, herbs, and supplements currently available -- an easy-to-use alphabetical listing that includes valuable information on the most effective forms of each supplement, the nutrient's

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food source and proper dosage, as well as signs of deficiency, safe use, and possible side effects. Details the author's time in rural Spain, her pregnancy, the birth, and her struggle against typhus fever, requiring her baby to be suckled by a nanny goat. Gypsies dance and sing in this exquisitely detailed story. Includes herbal remedies for vermin, burns, skin, and more.

***The Complete Illustrated Book of Herbs
The Definitive Guide to the Principles and Practices
of Herbal Medicine (Second Edition)
Learn How to Use Herbal Remedies, Herbal Teas,
Herbal Essential Oils and Even Herbal Homemade
Soap for Better Health***

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501 Recipes for Healthy Living, Green Cleaning, and Natural Beauty

The Complete Herbal Guide to Natural Health and Beauty

This detailed guide to medicinal herbs for horses shows how they can help in the treatment of a wide range of common ailments, written for the new generation of horse owners seeking a more natural approach to their horse's health. Providing an A-Z of common ailments and conditions, from allergies to wounds, as well as depicting how one can safely and effectively

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treat these ailments with herbal medicine. In doing so, it draws on the latest research in herbal medicine as well as traditional plant-based remedies; it is full of tried and tested advice. Throughout, the author underlines the importance of veterinary consultation, and explains how certain herbs can be used to complement and support conventional treatments.

Echinacea and ginkgo biloba are well-known herbal remedies for common ailments such as colds and memory loss. But the vast majority of herbal aids are underused as treatments or

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preventatives for everything from insomnia to arthritis to heart disease. In THE COMPLETE HOME GUIDE TO HERBS, NATURAL HEALTH, AND NUTRITION, herbal practitioner Jill Rosemary Davies explains how to promote good health by understanding the body and how it is affected by a wide range of healing plants. She teaches you how to use herbs as potent tools for natural healing as well as how to combine them with nutrition and exercise for a healthy lifestyle. Additionally, you'll find: Sections on cleansings, immunity, life stages, and body systems; a complete A to Z of diseases and treatments; and

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a section on first aid. Instructions for making your own herbal teas, decoctions, tinctures, ointments, oils, and more. And because the herbs used in this book are widely available in health food stores, drug stores, and grocery stores-some you'll even find growing in your own backyard-incorporating a greater range of beneficial herbs into your life will be all the more simple. Open the book to any page and you'll feel like you've stumbled upon Mother Nature's best-kept secrets.

Breverton's Complete Herbal is a modern reworking of Culpeper's classic reference guide,

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Culpeper's Complete Herbal. Arranged alphabetically, this book describes over 250 herbs and spices as well as feature entries on scented herb/medicinal gardens, the great herbalists and New World Herbs not included in Culpepper's original text. Each entry provides a description of the herb: its appearance and botanical features, a brief history of its uses in medicine, dyeing and cuisine to bizarre remedies and concoctions designed to get rid of all manner of real and imaginary ailments. As informative as it is entertaining, this incredibly diverse compendium contains just about everything

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you'll ever need to know about the properties and provenance of herbs and spices of the world. From amara dulcis to yarrow, all-heal to viper's bugloss, Breverton's Complete Herbal is a modern day treasury of over 250 herbs and their uses.

A distillation of thirty-five years of experience and experimentation, A Herbal Book of Making and Taking is a collection of essential wisdom for the aspiring herbalist. Put together by one of the most loved and respected teams in modern herbal medicine, the book is filled with clear, concise instructions and detailed recipes trialled

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over decades of practice. Originally intended as a teaching aid for herbal students, this is a comprehensive guide to the craft of medicine making for the modern herbalist. Including exercises and tasks for the interested student, the book covers everything from growing and harvesting herbs to using them in internal and external medicines. From infusions and tinctures to syrups, soups, and suppositories, this is a gift to future herbalists drawing on a lifetime of study.

**The Complete Herbal
Flower Power**

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The Complete Herbal Guide: A Natural Approach to Healing the Body

Traveler's Joy

Spanish Mountain Life

The Complete Herbal Handbook for the Dog and Cat

Let The Herbal Handbook for Homesteaders be your helpful compendium of herbal information and recipes for building health and tending to minor ailments out on the homestead. When you're a homesteader, you face many challenges: from a simple cold, to an earache in your child, fleas on the dog, or worms in your goat. Medicines and

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treatments are never cheap, and are often vague. Wouldn't it be great to grow, forage, and create natural remedies yourself? Look no further than **The Herbal Handbook for Homesteaders!** Abby Artemisia, a botanist, herbalist, and professional forager, has created this user-friendly resource. If you're an herbal novice, this guide will demystify the world of herbs. For those with some herbal experience, it will take you deeper into helpful home remedies with new techniques and recipes. Take control of your own health care and that of your family, pets, and livestock, with tips on growing and foraging herbs safely and ethically; secrets to preservation and

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processing; and easy, soothing recipes. With bonus sections on creating your own herbal apothecary, creating a foraging journal, and more, this handy book is sure to become your go-to reference for all things herbal.

Herbal Handbook is a charming, information-packed guide to 51 herbs and their uses illustrated with rare botanical art from the renowned archives of The New York Botanical Garden. Did you know that woodruff was used as a room freshener in the Middle Ages; that crushed bergamot leaves can soothe bee stings; and that dried fenugreek seeds were found in the tomb of King Tutankhamen? Herbs are magical, and

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their uses myriad. Inside Herbal Handbook are fifty-one herbs portrayed in words and rare botanical art curated by experts at The New York Botanical Garden. Some, like saffron, are treasured and rare; others, like purslane, grow by the roadside. They all have a place—in the garden, in the kitchen, in the bed or the bath. Use Herbal Handbook to explore their history, how to grow them, and how they were used in the past and present. Then bring them into your daily life; each herb's profile offers a recipe or project that highlights its unique properties. So cleanse your face with calendula when you wake up, sip a bergamot tea at breakfast, have a lovage tuna

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sandwich for lunch, and mix a caraway cocktail at the end of the day. Let Herbal Handbook delight your senses as they have done to others for thousands of years.

This book is the ideal guide for the beginner delving into the herbal lifestyle. It not only provides simple, time-honored remedies for various ailments, but also unassuming herbal preparations that can be used on a daily basis for a healthy lifestyle. Herbs that are easily available, preparations that can be created at home and remedies that are suitable for everyone in your family; this book has something for everybody. My aim with this book is to provide you

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with a simple and easy-to-understand guide that will maneuver you through the confusing and sometimes misunderstood world of herbal remedies. A bonus chapter towards the end of the book will help you put together your own herbal first aid kit that is guaranteed to become an irreplaceable part of your household soon. This Box Set is designed to take you from knowing nothing about Herbal Remedies to knowing everything you need to know to improve every aspect of your life Health wise,

The Complete Herbal Handbook for Farm and Stable
Farrar, Straus and Giroux
Summer in Galilee

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Flower Remedies for Healing Body and Soul Through Herbalism, Homeopathy, Aromatherapy, and Flower Essences

A Gypsy in New York

A Herbal Book of Making and Taking

Culpeper's Complete Herbal, and English Physician

A Modern Horse Herbal

The classic book on herbal remedies, newly illustrated, edited and with commentary by US herbalist and author Steven Foster. It combines the charm and information of Culpeper's original seventeenth-century text with up-to-date, modern,

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practical usage. It includes details about where to find each herb, astrology, and medicinal benefits.

-- adapted from publisher's web site.

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

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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

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health and wellness.

Are harsh modern medications eroding your body's vitality and strength? Are you searching for a contemporary introduction to Native American herbalism so you may fill your medicine cabinet with all-natural, low-cost herbal remedies? Would you want to learn about the lost culture and neglected discipline of Native American herbalism without ever being sucked into rumors and exaggerated claims? If any of the above has intrigued your interest, keep reading. The author of this comprehensive collection is going to give

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you a genuine look into the traditional natural remedies and wisdom of Native Americans. Herbal medicine has been practiced for thousands of years, and its history predates that of today's medicines. Nature's pharmacy is vast, brimming with plants with potent therapeutic qualities. Everyone may use herbs to relieve pain and promote healing with the right direction and understanding. Some herbal treatments include utilizing plant components in their original, natural form; others need store-bought preparations, while some others require

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compounds produced in comfort and privacy. While medicinal plants were previously difficult to get by, they are now readily available in well-stocked dispensaries and on the racks of big-box shops. In our modern world most of the information on the topic never reaches the general audience. Although contemporary medicine has numerous benefits also has its drawbacks and shortcomings. Nutrition, non-toxic natural treatments, root cause analysis, and supporting the body's inherent capacity to repair itself should all be part of Western medicine's preventive

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medicine approach. In this book, you will learn:
Benefits of alternative medicine and limitation of modern medicine
The Pillars of Herbalism
Ethical Wildcrafting, Foraging, Harvesting, storing and drying herbs
The 56 most effective Native American Herbs and Plants, their uses and how to store them
An extensive list of herbal remedies for kids and adults with complete guidelines to achieve lasting health and wellness
How to make oil infusions, tinctures and tea decoctions for wellness
The essential Four Directional Medicine Wheel
The 4 Sacred Native American ceremonies

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for healing Let's learn how to make herbal medicines and discover the healing power of plant medicine. This easy-to-navigate book provides you with the knowledge and instructions you need, including fundamental healing herbs, preparation, preservation procedures, and application methods. So begin now your journey through the Native American herbalist medicine, click "Buy Now" and discover the forgotten art of healing with Nature. Well-respected herbalist David Hoffmann's comprehensive and practical guide to herbal medicine. • Discusses the history and modern

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practice of herbalism, including Chinese, Native American, and Welsh influences. • Includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses. • Covers the fundamentals of growing, drying, storing, and cooking with herbs. • Over 45,000 copies of previous edition sold. This compendium of medical herbalism by one of the most eminent herbalists practicing today is both comprehensive and practical. Answering basic as well as complicated questions about herbal medicine, it provides both

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the novice and the experienced practitioner with a reliable framework in which to develop their herbal skills. A discussion of the history and modern practice of herbalism, encompassing the influences of Welsh, Chinese, and Native American herbal medicine is followed by a practical reference section that lists the various actions herbs have on the body (carminative, anti-inflammatory, etc.), with examples of herbs and their mode of activity in each category. Herbal prescriptions for various illnesses are also organized under the main systems of the body so

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that information can be quickly and easily referenced. A final section covers the fundamentals of growing, drying storing and cooking with herbs, as well as the making of infusions, decoctions, oils, and ointments. The author also provides helpful introductions to aromatherapy and plant medicines.

The Herbal Handbook for Home and Health

Veterinary Herbal Medicine

A User's Guide to Medical Herbalism

The Complete Herbs Sourcebook

Common Herbs for Natural Health

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The Herb Book

Offers advice on herbal healing, includes an encyclopedic review of health conditions that herbal medicine can help, and discusses 180 herbs with information on dosages, food and drug interactions, benefits, and side effects.

In this richly detailed memoir, Juliette de Bairacli Levy -- one of the founders of American herbalism -- offers us a rare documentary. It is at

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once an herbal, a travel book, and a compendium of Gypsy lore and Gypsy ways. Juliette gives us river winds, strange characters in the streets by day, rats scurrying by at night, and legions of cockroaches in the apartments, against whose window the blossoms of apple and pear trees toss, even in the great city's cement heart. Based on the ancient healing tradition from India that dates back thousands of years, The Complete Book of Ayurvedic

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Home Remedies offers natural alternatives to conventional medicines and treatments with practical advice and easy-to-follow instructions. Dr. Vasant Lad, a leading authority in this field, has created an invaluable guide to treating common ailments and chronic problems with strategies tailored to your personal needs based on your dosha. Dr. Lad first explains the principles behind the science of Ayurveda, exploring the physical and

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psychological characteristics of each of the three doshas, or mind-body types--vata, pitta, and kapha. Once you have determined which type or combination of types you are, Dr. Lad helps you to begin your journey to the ultimate "state of balance" and well-being. Dr. Lad explains why certain imbalances often result in illness and shows you how to restore your body to natural order. You'll learn which traditional Ayurvedic remedies--herbal

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teas and formulas, essential oils, meditation, yoga--offer relief from a variety of conditions, such as cold and flu symptoms, headaches, toothaches, sore throats, high cholesterol, vision problems, anxiety, and depression. Dr. Lad also shows you how to use diet and specific Ayurvedic techniques to prevent future illness and to promote body consciousness and healthy living. The Complete Book of Ayurvedic Home Remedies enables us all to experience

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the benefits of Ayurveda's healing properties that have been refined over thousands of years. All of the herbs, foods, and oils Dr. Lad recommends can be found in local health food stores or through mail-order catalogs. Complete with an extensive glossary and resource list, this is the definitive guide to natural, safe, and effective remedies, everyday keys to a lifetime of vitality and well-being.

The Complete Herbal Guide: A Natural

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Approach to Healing the Body is essential reference book for anyone interested in maintaining optimal health and overcoming disease. The book contains concise and comprehensive listings of over 175 herbs and conditions. The book has quick and easy references to all the information you need to maintain excellent health the natural way.

Herbal Healing for Women

Growing • Health & Beauty • Cooking •

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Crafts

The Green Pharmacy Herbal Handbook

The Complete Medicinal Herbal

The Herbal Handbook for Homesteaders

The Herbal Handbook

This full-color text and practical clinical reference provides comprehensive information on herbal remedies for both large and small animal species. Key coverage includes clinical uses of medicinal plants, specific information on how to formulate herbal remedies, a

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systems-based review of plant-based medicine, and in-depth information on the different animal species--dog, cat, avian and exotic, equine, food animal, and poultry.

Explore the free wandering life of this enchanting guide by a legendary teacher who lives in tune with the rhythms of nature. Lots of herbal lore. "This magical book has made me want to shelve my responsibilities and hit the road! The author's enthusiasm and ability to embrace hardship and bounty alike are truly

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inspirational. I am encouraged to lighten my material load to provide space for the gifts that the simple life provides.

Recipes, travel lore, herbal medicine, literary references, and personal observations make *Traveler's Joy* an enjoyable read."

Kitchen pharmacy meets green cleaning and natural beauty in this comprehensive handbook of 501 recipes that harness the power of plants to enhance wellness and toxin-free living. Expert herbalist Pip Waller provides a wealth of information

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about growing, collecting, preserving, and preparing herbs for a variety of purposes--from cleaning products, to food and drink, medicines, beauty products, and more. Attractive and easy to use, The Herbal Handbook for Home and Health includes growing tips and profiles of herbs, guidelines for setting up an herbalist's kitchen, and techniques to make everything from tinctures to tonics. A valuable resource for anyone affected by allergies or sensitivities, this compendium is handsomely produced with two-

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color printing throughout and more than three hundred striking illustrations. The Handbook includes contributions from herbalists from around the world and encompasses recipes that range from very simple to more complex. Seasoned herbalists as well as those just beginning to explore the world of herbs will find something to start their own nontoxic, non-allergenic domestic revolution. The book includes:

- A history of herbal lore
- The herbalist's kitchen--equipment and procedures for harnessing the power of

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plants • Green cleaning products (from floor wax to stain removers) • Herbal pharmacy (from throat lozenges to hangover cures) • Nutritional supplements and detoxes • First aid (from anti-anxiety drops to bruise ointment) • For travel (insect repellent to anti-nausea drops) • Food and drink (breads, butters, wines, teas) • Beauty and balms (toothpaste to shampoo to lip balm) • Kitchen Pharmacy • Food & Drink • Beauty, Balms & Personal Care

In this comprehensive guide, Hoffmann

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explains specific actions individual herbs have on the body and suggests herbal prescriptions for a variety of conditions. It includes a practical reference section listing the effects of various herbs, with prescriptions on how to use them for a wide range of illnesses.

The Complete Herbal HandBook

Based on the Timeless Wisdom of India's
5,000-Year-Old Medical System

Farmed and Foraged Herbal Remedies and
Recipes

A Comprehensive Description of Nearly All

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Herbs with Their Medicinal Properties and Directions for Compounding the Medicines Extracted from Them

The Complete Herbal Handbook for Farm and Stable

Herbal Handbook

This beautifully illustrated, complete guide to herbs unlocks the secrets of these wonder plants—from planting and harvesting to cooking and storing—including their health benefits. Now you can discover the joy and pleasure of growing your own herbs—for spicing up meals, creating crafts, treating ailments, and more. In this comprehensive

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and beautifully illustrated herbal guide you'll find information on their history, cultivation, propagation, and harvesting, along with a wealth of great ideas for using herbs everyday in a variety of ways. This guide unravels the mysteries of these versatile plants, with savvy tips and simple formulas for maximizing their powers. Did you know? · Mint can repel ants, flies, mice, and moths · Garlic can seriously lower cholesterol · Chives, fennel, tarragon, thyme, oregano, and winter savory are perennials · Rosemary was used in the Middle Ages for its tranquilizing effects, and it is still a digestion aid Known for alleviating common ailments, herbs

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are an ancient natural wonder—herbs are hotter than ever. Extremely informative and fascinating, this book will help you find which herb can treat various complaints. Throughout the guide are instructions for bursting-with-flavor recipes, health-care products, decorative craft ideas, insect repellents, cosmetics, cleaning agents, and much more.

Now available in paperback, this is the fifth edition of Levy's handbook for herbal veterinary care. Updated to include information on cats as well as dogs, this guide covers rearing of young, treating specific diseases with herbs, and a general

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discussion on disease prevention.

Herbal medicines have been used for many centuries to treat illnesses and restore health, and today herbalism still remains the most widely-practiced form of medicine around the world.

Written by a leading Medical Herbalist, The Complete Herbal Tutor provides in-depth knowledge of the practice and theory of herbal medicine, including everything you need to know about its history, how it works, how to grow, gather and prepare herbs, and how to use them to create a herbal prescription. The rigorously-researched and illustrated materia medica contains over 150 herbs,

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with clear explanations of their properties, active ingredients and the latest scientific developments on their uses. There is also a clear explanation of how herbs can be used to treat each of the body's systems, with advice on using remedies for healing a range of specific conditions.

A guide to using flowers for treating and healing such body ailments as sunburn, migraines, heartburn, nausea, kidney infection, cramps, and high blood pressure

The Complete Herbal Tutor

An A-to-Z Guide of Herbs to Cure Your Everyday Ailments

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50 Profiles in Words and Art from the Rare Book

Collections of The New York Botanical Garden

The Holistic Path to Good Health

**More Than 140 Plant Profiles; Remedies for Over 50
Common Conditions**

**Your Everyday Reference to the Best Herbs for
Healing**

Culpeper's Complete Herbal was originally published in 1652 as *The English Physitian*, and in 1653 under its more well-known title. It is a practical health guide, describing plants, where and when they grow, and what symptoms they alleviate.

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Join Juliette de Bairacli Levy Gypsy herbal veterinarian and mother of two toddlers as she spends an eventful summer swimming in the waters, and the history, of the Sea of Galilee, in the modern state of Israel. Juliette trains her observant eyes, and lovely descriptive prose, on the people, places, plants and animals around her. You'll thrill as she and her children discover ancient treasure, be fascinated as she visits the tombs of Jewish mystics, hold your breath as Juliette dares to traverse the forbidden militarized zone around the Jordan River in pursuit of a personal communion with this holiest of

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lands, and, perhaps, scream in terror as she is visited in the dark of night by an enormous snake only to breathe a sigh of relief when she is saved by her faithful Afghan hound. Juliette vividly described her visit to a Bedouin village, and the trouble this causes, both in the kibbutz where she lives and among the Bedouins. But with keen wit, steely nerve, and kind heart, she manages to please everyone, including her readers, as she saves the day and mends frayed tempers."

Common Herbs for Natural Health is an essential herbal for the newcomer to the expert. Juliette de

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Bairaclli utilizes her Gypsy wisdom and decades of studying herbs and healing to create a book filled with natural remedies and recipes. What a treasure! Her respect and love for the plants, the earth, and the medicinal knowledge garnered from people of all ethnic origins is powerful, practical, and sensible. My gardens and personal health are already benefiting from this intelligent and tender book.

Herbal medicines have been used for many centuries to treat illnesses and restore health, and today herbalism still remains the most widely-practiced form of medicine around the world. Written

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by a leading medical herbalist, The Complete Herbal Tutor provides in-depth knowledge of the practice and theory of herbal medicine, including everything you need to know about its history, how it works, how to grow, gather and prepare herbs, and how to use them to create an herbal prescription. The rigorously researched and illustrated materia medica contains over 150 herbs, with clear explanations of their properties, active ingredients, and the latest scientific developments on their uses. There is also a clear explanation of how herbs can be used to treat each of the body's systems, with advice on using

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remedies for healing a range of specific conditions.

A Holistic Guide to Understanding and Treating Common Ailments with Herbs

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