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Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide
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Rosemary Gladstar's Medicinal Herbs
Herbs for Common Ailments
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Herbs for Longevity and Well-Being
Rosemary Gladstar's Family Herbal Healing Herbs
Herbs for Long-Lasting Health
Herbal Remedies for Children's Health
Herbal Remedies for Men's Health
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The Gift of Healing Herbs
Fire Cider! Summary: Medicinal Herbs
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The Business of Botanicals
Rosemary Gladstar's Herbal Healing for Men
The Book of Herbal Wisdom
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Herbal Medicine for Beginners
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Use can be taken as skillfully as picked to act.

Rosemary Gladstar, one of the world's foremost herbalists, shows you how to create your own all-natural first-
customized to your family's particular needs. With her concise, simple instructions, you'll learn how to make heal
teas, syrups, salves, pills, and baths to safely and effectively treat common ailments, such as colds, flus, sore thro
burns, cuts, headaches, heartburn, digestive problems, and more. Promote vibrant health and radiant beauty, soo
everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and
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 alternativ
commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healin
herbs. 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 her
healing tinctures, oils, and creams. Stock your medicine cabinet full of all-natural, low-cost herbal preparations.
Provides effective herbal remedies for a child's health and care A comprehensive and practical reference to using
medicinal herbs for natural healing from JJ Pursell, the founder of The Herb Shoppe and one of the leading name
the fields of herbalism and naturopathy. Look great, smell wonderful, and feel good as you make your own home
natural body care products. In this Storey BASICS® guide to holistic beauty, Rosemary Gladstar shares more than
simple recipes for cleansers, moisturizers, and creams comprised of essential oils and herbs. Make unique shamp
for lustrous, fragrant hair and learn Gladstar's amazing five-step system for glowing skin. Skip the harsh comme
ingredients and use nature's closet to keep your body healthy and beautiful. Working with 12 common herbs, An
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
care treatments, complementary yoga poses, and meditations. Discover the natural keys to radiant health and
wellness. Discover the myriad ways you can use herbal medicines to boost your physical, emotional, and spiritual
wellbeing With more than 180 easy-to-follow recipes and written by a well-respected urban herbalist, The Gift o
Healing Herbs explores herbology as the "people's medicine"—freely available to all—and as a powerful yet gentle
to heal the body, mind, heart, and soul. You will learn about: • The true nature of health and the causes of illness
The physical systems of the body and the common and not-so-common herbs for tonifying them • Recipes for t
brews, and how to incorporate herbs into your daily life • The relationship between our body systems and the
elements of Earth, Air, Fire, and Water Filled with personal stories, case histories, prayers, meditations, and more
The Gift of Healing Herbs is equal parts inspiration and instruction drawn from the author's decades spent teach
and practicing herbal medicine in a spiritual, earth-based, non-dogmatic style. The author explores how one's
personal story turns into one's embodied physicality, ultimately revealing unique paths of healing for each reader
"Robin Rose Bennett teaches through stories, and the teachings are profound. Spiritual insights are richly interw
with excellent herbal remedies.... Bennett brings a joyful spirit and an open heart to all she does." —Rosemary
Gladstar, visionary herbalist and author of Rosemary Gladstar's Medicinal Herbs Considered the mother of moder
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. Simple, safe, and effective herbal remedies for wo
of all ages. For centuries women have turned to herbs to cope with a wide variety of health problems and condi
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.
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 comp
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 alph
listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warn
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. Ever wondered about the benefits of dandelion, chickweed, and elder? *Healing Herbs* is an essential reference for the beginning herbalist, featuring 20 common herbs, many of which are considered weeds, that can often be found in hedgerows, meadows, and wild places. Along with medicinal information, this book includes traditional folklore and fortifying recipes for each edible or medicinal plant, and plenty of easy-to-follow instructions to help fill a backyard herbalist's medicine chest with remedies to keep the whole family happy and healthy. *Healing Herbs* is conveniently organized by plant, making it easier for the home herbalist to find, identify, and use healing plants from the backyard. Herbalist Tina Sams identifies the 20 most common and healthful herbs and over 100 natural remedies that are easy, inexpensive, and effective. This illustrated guide is fundamental for any nature-lover's library. In this indispensable new resource, both for the home apothecary and clinical practitioners, a celebrated herbalist brings alive the elemental relationships among traditional healing practices, ecological stewardship, and essential plant medicines. By honoring ancient wisdom and presenting it in an innovative way, *Energetic Herbalism* is a profound and practical guide to family and community care for those seeking to move beyond symptom relief and into a truly holistic framework of health. Throughout, author Kat Maier invites readers to explore their personal relationships with plants and their environments as they discover diverse models of healing. Inside *Energetic Herbalism*, you'll find: The elements and patterns of Ayurvedic doshas for greater self-awareness as well as positive lifestyle choices A deep appreciation of the wisdom of indigenous peoples, which is the foundation of sacred plant traditions The relationship of well-being to the seasons through the brilliant lens of Chinese Five Element Theory, and how our emotional health is beautifully expressed through the Elements The roots and evolution of Vitalism, the traditional Western system of energetic medicine to assess imbalances in the body using the elegant and intuitive vocabulary of the six tissue states, an emerging Western herbalism The senses as the main tools for navigating through energetic herbalism Through the rich herb tradition of storytelling, Maier seamlessly blends theory and practice with her experience-tested herbal remedies and healing protocols. Maier stresses the critical message of how to address the challenge of threatened medicinal plant populations, offering practical and inspiring methods for ensuring their survival. Many herbals boast a materia medica of more than 100 herbs, but in keeping with an emphasis on sustainable practice, Maier instead focuses in depth on 25 essential medicinal herbs that can be grown in most temperate climates and soils, including: Dandelion Ashwagandha (Indian Ginseng) Goldenseal Burdock Calendula Echinacea Goldenrod Whether you are a seasoned clinical herbalist, an herbalist-in-training, or simply someone seeking to provide the best natural health care for your family, this book is a source of inspiration, insight, and answers you will return to again and again. Fire Cider — a spicy, zesty, immune-boosting tonic of apple cider vinegar and powerhouse herbs like horseradish, onion, garlic, ginger, and cayenne — is an old-time remedy that's gaining a new generation of fans. Best-selling author and herb expert Rosemary Gladstar has created a compendium of recipes for making and using these cider vinegar tonics. 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. 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.

power of herbs. Hailed as a "classic" by leading herbalist Rosemary Gladstar, this botanical compendium provides wide-ranging history of herbalism and useful guidance for healing with herbs. Matthew Wood is one of the United States' most renowned herbalists and the author of *Seven Herbs: Plants as Healers*, a watershed book in teaching herbal healing as a part of total wellness. With *The Book of Herbal Wisdom*, he continues and expands this study, creating a must-read guide for anyone who works in the natural health field or is interested in self-healing with herbs. Wood creates a vast and sweeping history of herbalism, drawing on Western botanical knowledge, homeopathy, Traditional Chinese medicine, and Native American shamanic botany. Detailing the history and use of more than forty plants, he shows how each tradition views a plant, as well as its use in cases drawn from his own herbal and homeopathic practice. An initial section describes signatures, similar, and patterns in these traditions, and elements of temperaments, and constitutions. Wood has two objectives: to demonstrate how herbal medicines are agents of healing and wisdom, and to give the reader a useful catalog of plants for medicinal uses. His clinical observations of his patients bear the wry wisdom of the country doctor; his love of plants is evident in lush botanical descriptions which show the connection between remedies—whether homeopathic, Chinese, or Native American—and the plants from which they are derived. An introduction to centuries of lore about healing from indigenous traditions, *The Book of Herbal Wisdom* integrates and describes North American Indian medicine, homeopathy, Traditional Chinese Medicine, and Western herbalism like no other contemporary botanical compendium. 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 how to harness the power of nature to achieve a more relaxed and fulfilling life. From tulsii to turmeric, echinacea, elderberry, medicinal herbs are big business—but do they deliver on their healing promise—to those who consume them, those who provide them, and the natural world? "An eye-opener. . . [Armbrecht] challenges ideas of what medicine can be, and how business practices can corrupt, and expand, our notions of plant-based healing."—*The Boston Globe* "So deeply honest, sincere, heartfelt, questioning, and brilliant. . . [The Business of Botanicals] is an amazing book, that plunges in, and takes a deepening look at those places where people don't often venture."—Rosemary Gladstar, author of *Rosemary Gladstar's Medicinal Herbs* "For those who loved *Braiding Sweetgrass*, this book is a perfect opportunity to go deeper into understanding the complex and co-evolutionary journey of plants and people." —Angela McElwee, former president and CEO of Gaia Herbs Using herbal medicines to heal the body is an ancient practice, but in the twenty-first century, it is also a worldwide industry. Yet most consumers know very little about where those herbs come from and how they are processed into the many products that fill store shelves. In *The Business of Botanicals*, author Ann Armbrecht follows their journey from seed to shelf, revealing the inner workings of a complicated industry, and raises questions about the ethical and ecological issues of mass production of medicines derived from these healing plants, many of which are imperiled in the wild. This is the first book to explore the interconnected web of the global herb industry and its many stakeholders, and is an invaluable resource for conscious consumers who want to better understand the social and environmental impacts of the products they buy. "Armbrecht masterfully manages the challenges and complexity of her source material. . . [She] is a spirited storyteller. . . [and] presents all this with the skill of an anthropologist and the heart of an herbalist."—*Journal of the American Herbalists Guild* 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. Get glowing skin and shiny, healthy hair naturally with easy-to-make herbal formulas that harness the power of herbs. Voted one of the Top 10 books in 2000 by the Vermont Book Publishers Association. A collective endeavor by United Plant Savers featuring America's most respected and well-known herbalists. Contributors include Don Babineau, Tim Blakley, Mark Blumenthal, Jane Bothwell, Stephen Harrod Buhner, David Bunting, Richo Cech, Tane Datta, Shatoiya and Rick de la Tour, Ryan Drum, Doug Elliott, Steven Foster, Cascade Anderson Geller, Kate Gilday, Rosemary Gladstar, James Green, Pamela Hirsch, Christopher Hobbs, Sara Katz, Kathi Keville, Robyn Klein, Richard Liebmann, Brigitte Mars, Pam Montgomery, Nancy and Michael Phillips, Janice J. Schofield, Joanne Marie Snow, Deb Soule, Paul Strauss, Gregory L. Tilford, Krista Thie, Susun S. Weed, David Winston, Martin Wall, Matthew Wood. While the renaissance in the U.S. botanical market is positive in many respects, medicinal plant populations are suffering from loss of habitat and overharvesting, and many bestselling herbs are now at risk including echinacea, American ginseng, goldenseal, Hawaiian wild kava, and wild yam. The authors share their extensive experience with using and growing thirty-three of these popular herbs and include suggestions for creating your own private herb sanctuary--whether a city balcony, suburban backyard, or rural retreat. Full-color photographs will inspire experienced and novice herb users alike to protect and cultivate these remarkable healing plants. Readers will al

find out how to use herbal analogues for at-risk plants--other medicinal herbs that provide the same benefits and in plentiful amounts--and learn ways to make their herbal purchases a vote for sustainability. *Planting the Future* shows us how we can participate in the land stewardship, habitat protection, and eco-friendly consumption that ensure an abundant, renewable supply of medicinal plants for future generations. All author royalties will be used for replanting native medicinal herbs on a 370-acre botanical sanctuary in Ohio. 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. A practical, authoritative reference guide to more than 50 medicinal plants that offer natural, safe ways to optimize your brain health. Expert authors and mother-daughter team Elaine and Nicolette Perry have mastered an ever-growing body of scientific research (some of which they themselves pioneered) on how medicinal plants can help you sleep soundly, reduce stress, improve your memory, and simply feel better—in body and mind. Organized to easily steer you toward the best remedies for your individual needs, *Your Brain on Plants* presents: Calming Balms Cognition Boosters Blues Busters Sleep Promoters Pain Relievers Extra Energizers Mind-Altering Plants Plant Panaceas Within each of these chapters are detailed entries on the medicinal plants and herbs suited to the task, including what scientists know about them, their active ingredients, and guidelines regarding their safe use. Make-at-home recipes for foods, teas, tinctures, balms, and cordials demonstrate how simple it is to benefit from everything these plants have to offer. Plus, foods naturally containing ingredients proven to alleviate symptoms appear throughout the book, along with complementary wellness practices such as meditating (on a chamomile lawn), qi gong (in a wildflower meadow), and walking (in woodland). Praise for *Your Brain on Plants* "Two qualified nutritional specialists have assembled a clear, concise reference of well-known plants believed to benefit the brain . . . Fascinating facts and bits of folklore, controversies, and important herb-herb interactions add to this timely and intriguing text." —Choice "This unique volume focusing on plants for mental health will be of interest to anyone considering herbal medicines." —Booklist 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 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. "Show herbalists-in-training how to use a limited number of versatile, medicinal herbs to create herbal remedies for common ailments, from allergies to fevers to headaches"--Publisher marketing. In this Storey BASICS® guide, renowned herbalist Rosemary Gladstar shares her favorite recipes for holistic beauty and body care, including her amazing five-step skin care program and all-natural recipes for herbal cleansers, steams, astringent creams, therapeutic bath blends, massage oils, shampoos, conditioners, and more. Provides treatments for stress-induced illnesses such as panic attacks, depression, and migraines. 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. Best-selling author and renowned herbalist Rosemary Gladstar addresses the often-neglected health issues specific to men with advice and safe, effective herbal recipes to support energy, virility, heart health, and common ailments related to inflammation, prostate, impotence, and more. "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. 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. 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. Expert herb grower 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, and fennel, and calendula make the perfect medicine, with recipes for tummy tea and gut-healing broth. Whether the herb 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.

Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use by Rosemary Gladstar | Book Summary | Abbey Beathan (Disclaimer: This is NOT the original book. If you're looking for the original book, search this link: <http://amzn.to/2DOEXJu>) Learn how to solve many common situations by using medicinal herbs cultivated by yourself. Herbs have an amazing impact on a human's health. It's a wise choice to know your way around herbs, their types and what each one is able to heal. *Rosemary Gladstar's Medicinal Herbs* does that. It teaches you everything you need to know about the theory of medicinal herbs but also the practice. You can cultivate your own product. (Note: This summary is wholly written and published by Abbey Beathan. It is not affiliated with the original author in any way) "I am my own healer. I have a radiant voice within that guides me." *Rosemary Gladstar* Being able to cultivate the products that are able to heal yourself is something of great beauty. You'll be your own healer and be able to cure certain diseases on your own. Even if you have a sluggish digestion or an encounter with a poison ivy, you're able to fix it by yourself through the concepts of this book. That's what makes it a really valuable acquisition. Feel the satisfaction of being your own healer. P.S. *Rosemary Gladstar's Medicinal Herbs* is an extremely helpful book that will teach you new ways to heal your injuries. P.P.S. It was Albert Einstein who famously said that once you stop learning, you start dying. It was Bill Gates who said that he would want the ability to read faster if he could only have one superpower in this world. Abbey Beathan's mission is to bring across amazing golden nuggets in amazing books through our summaries. Our vision is to make reading non-fiction fun, dynamic and captivating. Ready To Be A Part Of Our Vision & Mission? Scroll Up Now and Click on the "Buy now with 1-Click" Button to Get Your Copy. Why Abbey Beathan's Summaries? How Can Abbey Beathan Serve You? Amazing Refresher if you've read the original book before Priceless Checklist in case you missed out any crucial lessons/details Perfect Choice if you're interested in the original book but never read it before FREE 2 Page Print Summary BONUS for you to paste in on your office, home etc Disclaimer Once Again: This book is meant for a great companionship of the original book or to simply get the gist of the original book. If you're looking for the original book, search for this link: <http://amzn.to/2DOEXJu> "One of the greatest and most powerful gift in life is the gift of knowledge. The way of success is the way of continuous pursuit of knowledge" - Abbey Beathan 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 health, 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. 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. Straight from nature's medicine cabinet, the latest herbal discoveries that cure hundreds of health conditions without the dangerous side effects or high cost of prescription drugs. When compared to prescription drugs, herbal healing is both safer and more cost effective. In the fourth edition of *The New Healing Herbs*, you get access to the latest, most up-to-date information about herbal remedies for cures to nausea, the common cold, diabetes, cancer, allergies, back pain, and more. This new edition includes five new herbs, the result of author Michael Castleman's endless research and dedication to holistic healing. Taking a folklore-meets-science approach, you'll also explore the rich history of herbal medicine traditions. Featuring 135 of the most widely used medicinal herbs, including cannabidiol (CBD), *The New Healing Herbs* shows you which herbal remedy to take for each condition, how it's taken, what interactions to watch for, and where to buy the featured herb. The easy-to-use Cure Finder organizes herbs by health condition, healing actions, and alternative uses, guiding you to the right herbal remedy for your ailment. With *The New Healing Herbs*, you'll find nature's remedy for health, vibrancy, and happiness.

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