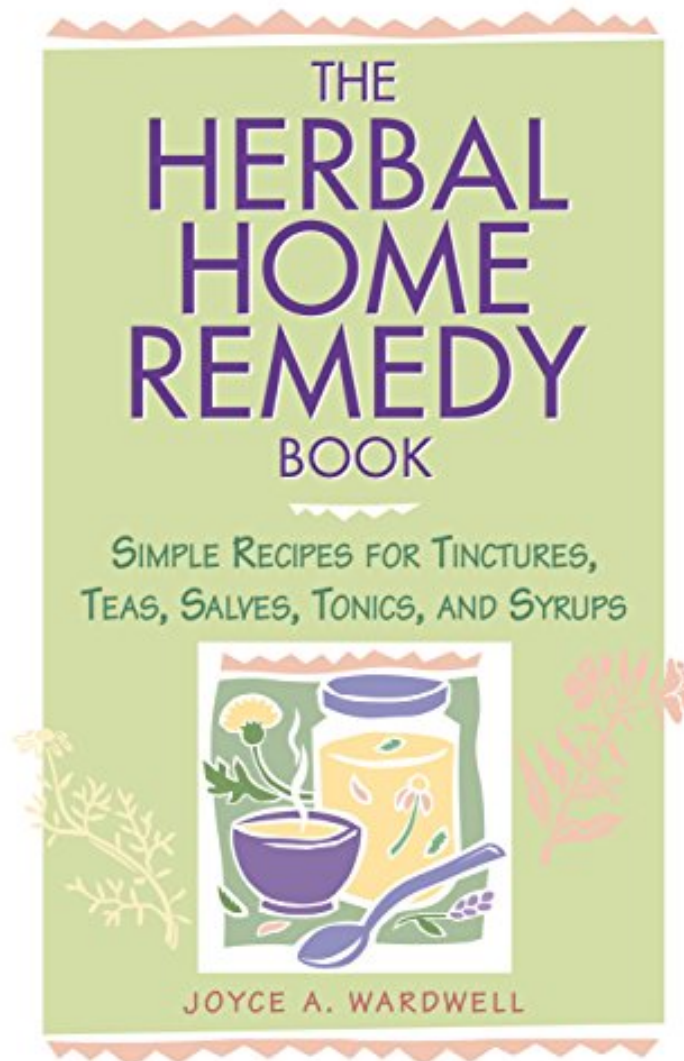


(Ebook pdf) The Herbal Home Remedy Book: Simple Recipes for Tinctures, Teas, Salves, Tonics, and Syrups (Herbal Body)

The Herbal Home Remedy Book: Simple Recipes for Tinctures, Teas, Salves, Tonics, and Syrups (Herbal Body)

Joyce A. Wardwell

ePub | *DOC | audiobook | ebooks | Download PDF



DOWNLOAD



READ ONLINE

#560941 in Books Storey Publishing, LLC 1998-01-03Original language:EnglishPDF # 1 9.00 x .56 x 6.00l, .58 #File Name: 1580170161176 pagesGreat product! | File size: 61.Mb

Joyce A. Wardwell : The Herbal Home Remedy Book: Simple Recipes for Tinctures, Teas, Salves, Tonics, and Syrups (Herbal Body) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Herbal Home Remedy Book: Simple Recipes for Tinctures, Teas, Salves, Tonics, and Syrups (Herbal Body):

3 of 3 people found the following review helpful. Wonderful for beginners. If advanced in herbal medicine, you can learn a thing or two in this book as well! By Christi This book gives all sorts of different recipes for things ranging from flu prevention to worms, and parasite prevention, natural remedies for removing warts, and for menstruation. There is even remedies for those who want to quit smoking and lose weight! It gives the basics for making tinctures, oils, wines, vinegars, salves, syrups, lozenges, and a few others. The book provides some blends to experiment with and how to make your own blends! I'd recommend this book for anyone who wants to start herbal medicine, and even those who have been practicing it for years, like me. Anyone can learn a thing or two with this book. Also as a bonus, there are some stories at the beginning of every chapter that would be wonderful to tell to friends and family around a campfire. 0 of 0 people found the following review helpful. Five Stars By Kindle Customer great 1 of 1 people found the following review helpful. Home Remedy Book By Mike Fisch Good book telling about old time remedies and how they are concocted. Very interesting and surprisingly simple to do this at home.

Acquire herbal healing wisdom with this guide to gathering, drying, storing, and blending 25 common herbs. Joyce A. Wardwell shows you how to build your own all-natural home medicine cabinet, providing simple recipes for soothing tinctures, salves, tonics, syrups, teas, and lozenges. With gentle, plant-based solutions to ailments ranging from muscle cramps and indigestion to dry skin and sore throats, this comprehensive guide is full of natural remedies that will keep your whole family healthy.

.com Endorsed by Rosemary Gladstar, renowned herbalist and author of *Herbal Healing for Women*, this book of "homespun alchemy" bursts with easy recipes for medicinal wines, herbal oils, salves, tonics, syrups, throat drops--you name it. From the guidelines for gathering medicinal plants to instructions for tincture preparation, Joyce Wardwell conveys her love and respect for herbs. She comes from a long line of herbalists: her great-great-grandmother Jane learned the herbal craft from the Ojibway in Minnesota; Jane's mother was condemned for witchcraft and her husband was hung for it during the Salem, Massachusetts, Witch Trials. But there's nothing to fear from the *Remedy Book*: recipes are made primarily from the 25 most common herbs, and instructions are so clear they're nearly foolproof. The flu, insomnia, colic, menopause, and sore muscles are all covered. Any household with children will find the "herbal home medicine chest" invaluable, with treatments for everyday ailments such as colds and coughs, burns, bug bites, bruises, and strains. The publisher, Storey Publications, is known for its practicality and environmental awareness, and the book is printed on lovely cream-colored recycled paper. From Booklist The virtues of this guide to herbal medicine lie in its utter simplicity, clarity of presentation, and grounding in the earth. Practicing herbalist Wardwell aims to provide a basic manual for the beginner. In part 1 she chooses and elaborates on 25 common, safe, easy-to-grow herbs, rather than confusing the reader with comprehensiveness. Instructional chapters cover how to recognize, gather, and store plants and how to select quality ingredients and equipment. Part 2 gives detailed steps in the preparation of various remedies: tinctures, herbal oils and salves, medicinal wines and vinegars, and syrups and lozenges. Part 3 lists the components of a basic herbal medicine chest, gives guidelines for blending herbs, and provides an AZ list of symptoms (e.g., headache, chapped skin) and their herbal treatment. The book's promised index will be needed to locate information in this symptom list because of the often poorly chosen entry words. Sprinkled throughout the book are Native American teaching stories that illustrate Wardwell's theme of humans' ties to plants and the earth. Penny Spokes From the Back Cover Using simple recipes and generations of herbal healing wisdom, Joyce Wardwell will teach you how to: -- Gather, dry, store, and blend 25 common herbs -- Make and use teas, tinctures, oils, salves, syrups, and lozenges -- Build your own herbal medicine cabinet