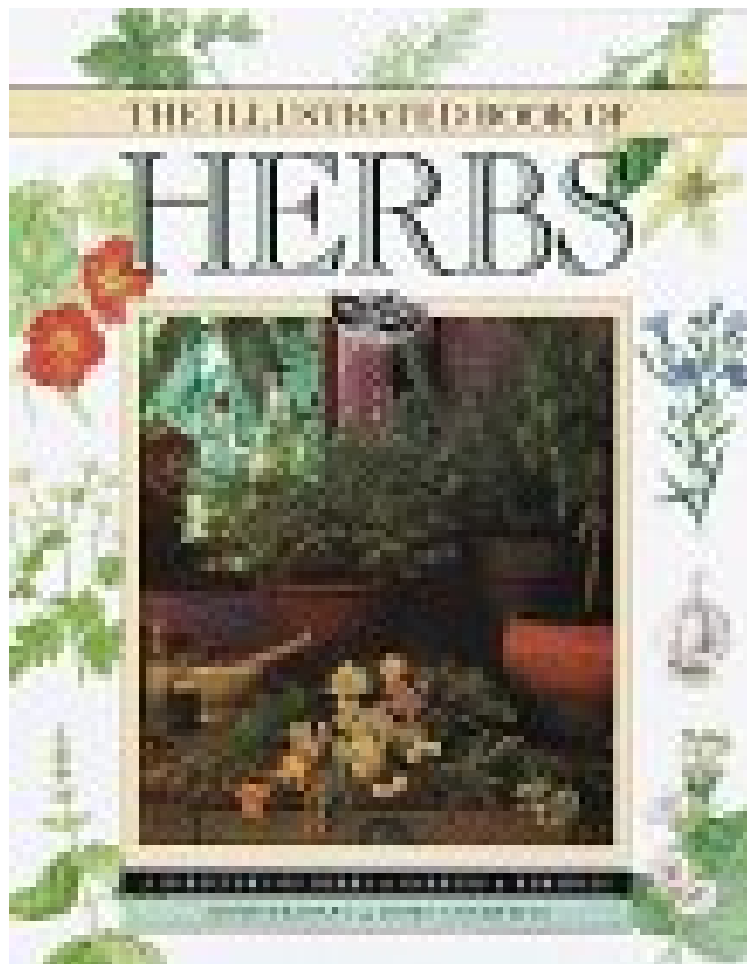


(Library ebook) The Illustrated Book of Herbs: A Directory of Herbs, Gardens, Remedies, Aromatherapy and Home Cosmetics

The Illustrated Book of Herbs: A Directory of Herbs, Gardens, Remedies, Aromatherapy and Home Cosmetics

Barbara Hey

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Barbara Hey : The Illustrated Book of Herbs: A Directory of Herbs, Gardens, Remedies, Aromatherapy and Home Cosmetics before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Illustrated Book of Herbs: A Directory of Herbs, Gardens, Remedies, Aromatherapy and Home Cosmetics:

0 of 0 people found the following review helpful. Best herbal book ever! By Cynthia I first saw this book while with a client who happened to be an herbalist for a very well known medical school here in Nashville. I am just in my first years of learning about herbs and their assets, so I am hungry for all information I can get and best descriptions I can get on each medical herb. THIS BOOK IS FABULOUSLY ILLUSTRATED. The quality of each photo is unmistakable. I found herbs in there that are in our own lawns as weeds, "so we thought" and so we have been pulling

them out and throwing them out , "UGH"! The explanation of each herb, descriptions and how to use are so plainly laid out that any beginners intimidation is quickly put to rest. I highly recommend this treasure of a book to anyone who wants to grow or just learn about herbs and their incredible uses. My friends who know about this book from me are constantly asking me to look up things for them. My recommendation is that they all get one for their own collection because they will be reaching for it more often than any other.

Stunning photographs of gardens and flowers and an informative text explain time-honored techniques for growing herbs and using their medicinal benefits for good health and beauty.

.com It's not likely that you use basil to deter snakes from entering your home, but it is quite possible that you have taken echinacea in hopes of warding off a cold. And while you most probably have cooked with rosemary, you may never have enjoyed its aromatic and therapeutic qualities in a bath or massage oil. The Illustrated Book of Herbs is a comprehensive, informative, and attractive volume covering herbs from cultivation in the garden to their myriad uses in the home. The book's breadth of information is impressive and, perhaps more important, is laid out in a straightforward, accessible fashion. A directory of herbs, complete with gardening information and culinary description, serves as a starting point. If you're interested in the decorative arts, landscaping ideas abound, as do instructions for making potpourri, herb pillows, and other fragrant decorations. Therapeutic uses are covered in detail and are cross-referenced with the ailments for which these herbs have been deemed effective. And with additional information on aromatherapy and instructions for making tinctures, teas, ointments, and creams, herbal healing constitutes an essential and invaluable component of this reference. Richly illustrated with both color photographs and illustrations, The Illustrated Book of Herbs is an excellent choice for those who embrace the medicinal, aromatic, and savory possibilities of herbs. --Matthew Reid-Schwartz