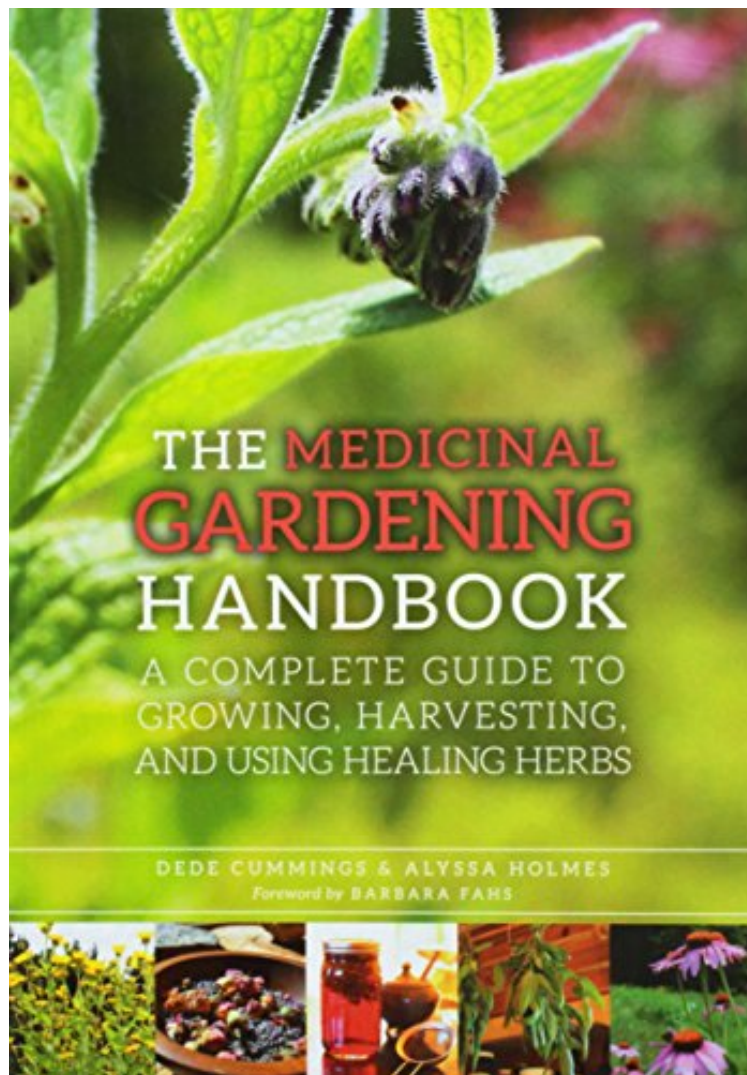


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The Medicinal Gardening Handbook: A Complete Guide to Growing, Harvesting, and Using Healing Herbs

Dede Cummings, Alyssa Holmes
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24 of 28 people found the following review helpful. Very average read. By Cathryn Troise Sadly, this volume has proved a disappointment. Instead of a book packed with solid information on growing and using herbs, I find it's more like a super-sized magazine. For one thing, over half of the pages are devoted to full-page color photos of herbs and gardens... not something every reader wants. Almost as if the authors had this brilliant idea to write a book together about their pet subject and fill it up with pretty pictures, I feel distinctly cheated and if I could send it back, I would. Guess what I'm saying is, if you want pretty pictures, buy it. If you are a crass beginner in herbalism and need very basic information, buy it. If, however, you have some familiarity with the subject and wish to increase your knowledge and apply it in practical ways, this is not the best book for you. UPDATE: I CAN send it back, and I am doing so. 0 of 0 people found the following review helpful. Three Stars By Theresa Ehler Did not care for book. Was different then I thought it would be 0 of 0 people found the following review helpful. dj4696 By dj4696 some very interesting stuff in this book

Dig into the world of herbal medicine with this complete guide to cultivating and harvesting plants with healing properties. For thousands of years people have been utilizing herbs and cultivating weeds found to speed the healing of wounds, soothe skin irritations, calm uneasy stomachs, and ward off illnesses. Now you can plan and grow your own garden first aid kit. In these pages, you'll learn the basics of gardening in your backyard or on your windowsill or porch including instructions for preparing soil, composting, and weeding. You'll then find detailed descriptions of the twelve most common, easy-to-grow, most useful healing herbs, with instructions for growing, harvesting, and utilizing them. These powerful plants include: Garlic, which boosts immunity, reduces blood pressure, and combats cancer Echinacea, which reduces inflammation, boosts immunity, and has antiviral properties Yarrow, which accelerates the healing of wounds, is an anti-inflammatory, and can relieve PMS symptoms Elderflower, which is an astringent and can relieve arthritis and soothe sore throats Mint, which soothes digestive problems, sweetens breath, and can reduce fevers Elecampane, a respiratory tonic with antibacterial and antifungal properties And more!

About the Author Dede Cummings is the coauthor of *Living with Crohns Colitis: A Comprehensive Naturopathic Guide for Complete Digestive Wellness and Cooking Well: IBS*. Alyssa Holmes is the herbalist and apothecary manager at the Brattleboro Holistic Health Center in southern Vermont. Her training includes studying with Rosemary Gladstar of Sage Mountain Herbs, Barbara Fahs on the Big Island of Hawaii, and the American Institute of Vedic Studies. Alyssa grows medicinal herbs and makes medicine for her clients and family on her homestead in Brattleboro, Vermont.