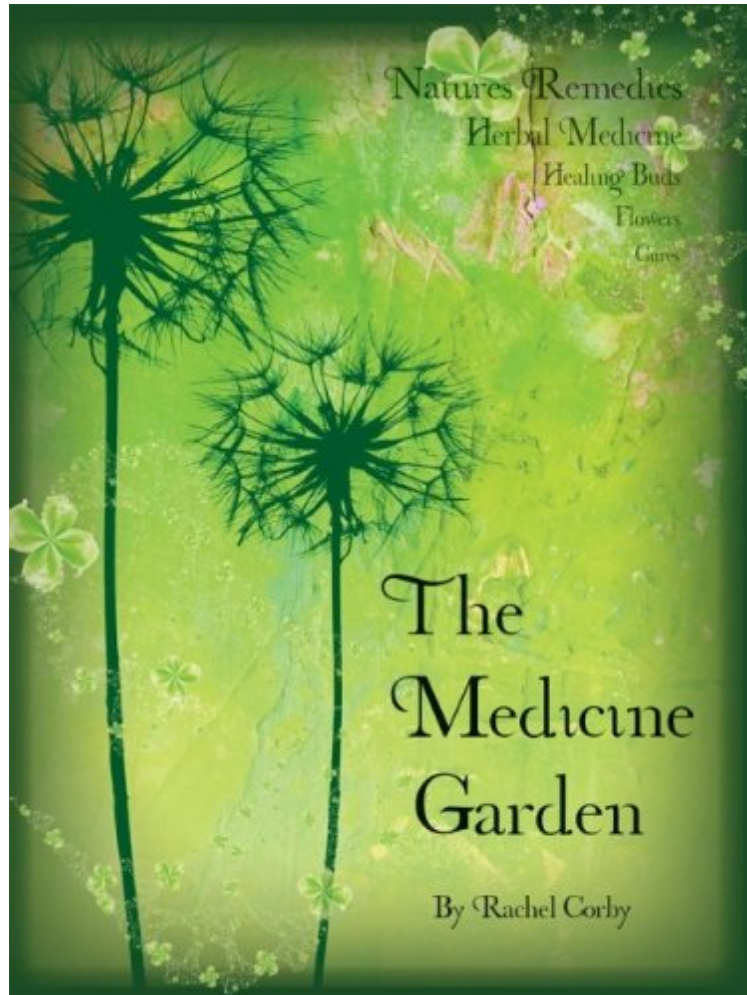


The Medicine Garden: Natures Remedies Herbal Medicine

Rachel Corby

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Rachel Corby : The Medicine Garden: Natures Remedies Herbal Medicine before purchasing it in order to gage whether or not it would be worth my time, and all praised The Medicine Garden: Natures Remedies Herbal Medicine:

0 of 0 people found the following review helpful. Great resource!By Rachel FontanaThis book is a great resource - thoroughly researched and very well written. I recommend to anyone interested in natural remedies.0 of 0 people found the following review helpful. User FriendlyBy Lena WelkerThis is a beautifully written and photographed book. I have quite a few herbal books and limited space, and have decided that this book is a keeper. The author has taken a lot of care to make sure that the book is user friendly and not just a compendium of information though she does give you quite a bit of learning. I especially enjoyed the introductory sections as Rachel introduces some concepts that bear thinking about. Even though this book is written for an English audience I find that it translates well to America as our ancestors brought many of the herbs that are not native to this land and they are well established here also. This is a

truly empowering book to aid in healing yourself and the land.

The Medicine Garden guides the reader through growing your own medicine to cure all manner of common ailments, from colds and sore throats to insect bites and hayfever symptoms and includes common plants found or easily grown in the lawn, the vegetable patch and the flower garden. You will see and understand a greater value in so many of the plants seen on a daily basis, and when suffering mild symptoms from a simple cold to the outbreak of a cold sores the reader will have the confidence to go and collect a plant and use it to ease their discomfort.

About the Author Rachel Corby is a healer and runs workshops on how to experience nature as an equal and build relationship with all its parts, believing this to be an essential step on the individuals path to wellness, and consequentially back to a more healthy and balanced existence as part of the earth community. She has a working knowledge of folk medicine and has travelled and learnt from local medical herbalists and medicine men as far and wide as the basin to the Highlands of Kenya.