

Herbal Remedies

Rosemary Gladstar

The Lost Book of Herbal Remedies Nicole Apelian, Claude Davis, Sr., 2019-07-07 304 color pages, paperback, improved print quality, and a lot more plant identification details This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful relieving extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

Herbal Remedies For Dummies Christopher Hobbs, 2011-01-11

Herbal Medicine Iris F. F. Benzie, Sissi Wachtel-Galor, 2011-03-28 The global popularity of herbal supplements and the promise they hold in treating various disease states has caused an unprecedented interest in understanding the molecular basis of the biological activity of traditional remedies. *Herbal Medicine: Biomolecular and Clinical Aspects* focuses on presenting current scientific evidence of biomolecular ef

Pocket Guide to Herbal Remedies Lane P. Johnson, 2002 A one-stop source for everything that consumers need to know about herbs and their interactions with medications, this book features information on 185 of the most commonly used herbal remedies.

Herbal Remedies Made Simple Stacey Dugliss-Wesselman, Susan Gregg, 2018-10-09 *Herbal Remedies Made Simple* is a unique guide to natural healing items you can make yourself, with each herbal remedy showcased in a full-color, split-page design. Natural alternatives to traditional medicines are everywhere, even right outside your door! *Herbal Remedies Made Simple* is an easy and fun way to learn about the many different healing herbs that grow all around us but we seldom see. The best part: once you're familiar with the natural healing herbs around you, *Herbal Remedies Made Simple* provides you with instructions on creating your own DIY herbal remedies at home. This unique guide book splits its pages in half. The top halves of the pages detail different remedies and recipes for health, personal care, and home care. The bottom pages provide reference material on the herbs used in the project above; detailing the plant's healing properties and how best to work with that herb. Some of the healing recipes within: Lavender cleanser Rose water toner Chamomile facial exfoliant Comfrey joint and bruise salve Nerve tonic tincture Teas for headaches, stress, sleep, and colds Joint and muscle soak Fully photographed and illustrated, this is the perfect guide for the beginning herbal practitioner.

Natural Herbal Remedies: Herbal Medicine for Everyday Ailments Richard Bray, 2020-12-18 *Nature's Medicine Cabinet!* Learn how to Harness the Amazing Medicinal Properties of Plants For millennia, different cultures have recognized the immense healing potential of plants. With antibiotic-resistant infections on the rise, herbal remedies present a naturally effective alternative to standard medicine. In *Natural Herbal Remedies*, Richard Bray, herbalist and bestselling author, explains how you can unlock the secrets of these natural power plants. Are you of the opinion that plants are just a food? Think again! In fact: They can boost your immune system and make you more resistant to infection. They can be used to deal with a host of illnesses and ailments, naturally and safely. They can increase stamina, improve mood, and even restore skin's youthful glow. Everyone can Benefit from the Little-Known Knowledge Contained in this Herbalism Guide In this comprehensive and research-backed book, you'll learn how to use herbs and fungi as a force for good in your life. You might be young or old, in peak condition or looking for ways to improve your health, a veteran plant lover or a fledgling herb fancier. Whoever you are, this herbalism guide will open your eyes to a new world. Be prepared to explore the value of natural healing and herbal medicine. In this natural remedies book you'll discover: The 24 super-plants that can deliver a powerful and potent boost to your health. The 38+ illnesses and ailments that healers, physicians and therapists treat using herbal medicine. PLUS the specific plant used for each condition. Detailed information on how to safely consume different herbs and fungi for the best possible health outcome. How to easily prepare herbal remedies for medicinal use including little known herbal remedy recipes even a complete beginner can enjoy. If you're looking for a practical and inexpensive way to boost your health - you've found it! Buy *Herbal Antibiotics* now, and unlock nature's most powerful secret.

The Green Pharmacy James A. Duke, 1997-01-01 From a top world authority, the ultimate guide to using herbs to cure and prevent disease.

The Lost Book of Herbal Remedies Nicole Apelian, Claude Davis, Sr., 2019-07-07 The Lost Book of Herbal Remedies is helping Americans achieve medical self-sufficiency even in the darkest times using the time-tested methods of our grandparents without spending lots of money on toxic drugs and without side effects

Eyewitness Companions: Herbal Remedies Andrew Chevallier, 2007-04-16 For anyone who wants to learn more about medicinal plants and how to use them at home, *Herbal Remedies* provides essential information on how to safely use herbal medicines and shows you how to create your own remedies to target common ailments. Covers over 150 of the most popular herbs available Includes a reference section that targets 50 common ailments Features a Directory of Herbs and a Star Rating-System

Herbal Remedies Asa Hershoff, 2001-03-05 An essential reference to herbal remedies for the most common ailments. Sharing twenty-five years of clinical expertise, Dr. Asa Hershoff has written a highly accessible and useful guide to hundreds of herbs and their uses for specific conditions. The book's unique format helps readers quickly assess health conditions. Margins on each page depict icons of body parts for very easy reference. An alphabetical listing of ailments provides information on each herb's source, dosage, and possible contraindications. Integrating the best of herbal tradition and science, this authoritative book is an essential guide for tapping the healing power of herbs.

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The Herbal Remedy Handbook Kim Walker, Vicky Chown, 2019-04-18 With self-care, mindfulness and mental health being at the forefront of the popular consciousness, taking control of your health has never felt so important. And learning about herbs and how they can treat and heal ailments and conditions is a good place to start. The Herbal Remedy Handbook is a collection of practical remedies for home care. It is an ailment and recipe-led reference for first-aid, simple conditions such as coughs and colds, and helpful self-management techniques for more complex conditions such as anxiety and eczema. From vinegars and tonics, creams and balms to syrups and teas, all the recipes use easily accessible, bought, foraged or grown ingredients for you to create your own herbal healthkit. An indispensable guide for the beginner or the budding herbalist, The Herbal Remedy Handbook is filled with tried-and-tested recipes that will inspire you to make your own remedies.

Herbs for Common Ailments Rosemary Gladstar, 2014-11-14 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.

Natural Remedies: An Everyday Guide To Herbal Teas, Infusions & Decoctions Prof. D N Dhar, 2002 Herbs have always contributed a great deal to promoting health. And they still do. According to WHO estimates, the use of herbal remedies exceeds that of modern drugs by two or three times. Confronted with solid scientific evidence, the scientists are rediscovering the efficacy of nature's simple remedies based on herbs commonly available in most kitchens, gardens or with the neighborhood grocery shops. Combining traditional wisdom with scientific principles, the book provides safe and effective herbal remedies for treating over 75 health problems.

The Gift of Healing Herbs Robin Rose Bennett, 2014-03-11 Discover the many ways you can use plant medicine to boost your physical, emotional, and spiritual wellbeing—with over 180 recipes and step-by-step instructions for herbal teas and other natural remedies. “ . . . contains far more than simple directives found in most herb books . . . Spiritual insights are richly interwoven with excellent herbal remedies.” —Rosemary Gladstar, author of Medicinal Herbs: A Beginner's Guide With more than 180 easy-to-follow recipes and written by a well-respected urban herbalist, The Gift of Healing Herbs explores herbology as the “people's medicine”—freely available to all—and as a powerful yet gentle way 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 teas, 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 teaching and practicing herbal medicine in a spiritual, earth-based, non-dogmatic style. Bennett explores how one's personal story turns into one's embodied physicality—ultimately revealing unique paths of healing for each reader.

Herbal Remedies Iren Soulevar, 2021-10-12 Herbal Remedies: A Comprehensive Guide to Herbal Remedies Used as Natural Antibiotics and Antivirals by Iren Soulevar. The book that will allow you to enhance health but also prevent illness and cure diseases thanks to the power of leaves, seeds and plant roots! As one of the most ancient practices that exist, Herbal Remedies became common in every community all around the world. People use herbal remedies to help prevent or cure disease but also use them to get relief from symptoms, boost energy, relax, or lose weight. Some herbals can really make you feel better and help keep you healthy in a very effective way. But you need to be a smart consumer because the word natural doesn't always mean safe. That's why Herbal Remedies was created by Iren Soulevar. Here's what you'll find inside: modern Herbal Medicine and Herbal Medicine in history traditional African medicine and its relationships with modern medicine challenges associated with monitoring safety of Herbal Medicines how to use Herbal Remedies safely Herbal Remedy recipes ...and much more! To start choosing and using herbals in a safe way, you only have to learn it with Herbal Remedies by Iren Soulevar. Add it to cart now!

The Herbal Remedies of Culpeper and Simmonite - Nature's Medicine Nicholas Culpeper, W. J. Simmonite, 2020-07-14 This invaluable volume combines the knowledge of two herbal doctors, Nicholas Culpeper and W. J. Simmonite, to form an alternative medicine reference book. Nicholas Culpeper was a famous physician in the seventeenth century and W. J. Simmonite was well-known for his innovative herbal remedies in the 1900s. Combining the studies of these two doctors provides a valuable reference book for those looking for alternative remedies for their ailments. This volume features three parts: - Selected Herbs—Their Description and Medicinal Properties - Ailments and Diseases in General—Their Symptoms and Cure - Useful Prescriptions Which Can Be Made Up At Home

Herbal Medicine Joseph Bosner, 2020-10-11 Unlock the Healing Power of Herbs and Help Your Body Heal and Recover from Common Ailments with this Comprehensive Guide to Herbal Medicine Are you curious to explore natural, non-allopathic methods of curing common illnesses such as colds and flu without having to pop a pill every time? Do

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