Rosemary Gladstar

1,001 Home Remedies Mary Rose Quigg, 2022-01-18 Simple, practical, and inspiring tips, recipes, and wellness advice. This practical and inspiring little book offers over 1,000 wellness tips for boosting your immune system, caring for burns and wounds, improving your complexion, reducing stress, and much more. Find simple and effective home remedies such as: To relieve a dry, irritating cough: to 1/3 pt (200ml) boiling water, add the juice of 1 lemon, 2 tsp honey, 1/4 tsp cinnamon, 1 clove garlic, and a sprig of rosemary. Stir well, cover and leave for 15 mins. Strain and sip slowly. To relieve eczema, steep ½ ounce (13 grams) chamomile flowers in 1 pint (600 milliliters) boiling water for 20 minutes and add to a bath. To relieve tension in the upper body, sit cross-legged, block the ears with your fingers. Breathe in, then breathe out making a humming sound to lengthen the exhalation. Repeat 10 times before going to bed. To remove makeup, coat the fingers with almond, sunflower, or avocado oil and spread evenly over the face and neck. Remove the oil with tissues. Saturate a black tea bag with warm water. Press over clean lips for 5 minutes. Repeat if desired. Black tea is high in tannic acid, retains moisture, and keeps lips smooth and taut. To give hair a shine, mash an over-ripe banana; combine with 3 drops of almond oil. Massage into dry hair, leave on for 15 minutes. Shampoo as usual. Many of the hints found here are the product of tradition passed from one generation to another. They cover advice on care of the body from head to toe, a common sense approach to first aid and using medicines, recipes for non-toxic cleaning solutions, ways to alleviate common ailments with ingredients you probably already have on hand, and more.

The Modern Herbal Dispensatory Thomas Easley, Steven Horne, 2016-11-29 The definitive, full-color

guide to making and using approximately 250 herbal medicines at home, with instructions for everything from harvesting to administering low-cost, DIY remedies. This comprehensive, full-color guide provides detailed, easy-tofollow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops, and more, and includes an extensive chapter on herbal hydrotherapy. The Modern Herbal Dispensary explains why different preparations of the same herb will obtain better results, demonstrating how capsules, teas, tinctures, or glycerites of the same plant will not have exactly the same effect on the body. Leading herbalists Thomas Easley and Steven Horne have tested and proven the herbal formulas they offer, along with suggestions for treating more than one hundred illnesses. They lay out the principles of herbal formulation and also provide instructions on how to prepare single herbs, a procedure that has been largely ignored in other references. More comprehensive than any other guide, thoroughly researched, beautifully illustrated, and presented with ease of use in mind, this book will take its place as the premier reference for those who want to

produce all the herbal remedies they need, and to save money in the process.

Herbs for Natural Beauty Rosemary Gladstar,1999-01-06 One of America's foremost herbalists provides concise, simple-to-understand, and practical information for using herbs for health and well-being. Each book contains profiles of specific herbs, cautions, contraindications, and easy-to-make recipes to relieve common ailments.

The Good Living Guide to Natural and Herbal Remedies, 2016-07-19 This back-to-nature reference guide details effective herbal medicines and natural remedies for digestive complaints, sore muscles, wound healing, teenage acne, allergic reactions, and much more. This book is packed with herbal wisdom, traditional use, and just the right amount of science. Gain confidence and understand how to use plant medicine in your home. Dive into the alchemy and art of herbal medicine preparations, receive safety tips, and perfect the techniques to create your own elixirs at home using the numerous recipes provided for delicious foods, herbal teas, tinctures, poultices, liniments, fomentations, herbal vinegars, salves, and oils. Scattered throughout are reflections on how bodies heal and the natural world's role in facilitating healing through connection to spirit and building community. Author Katolen Yardley has more than twenty years of experience as a Medical Herbalist and teaches courses in herbal medicine and naturopathy. Here she offers a simple, straightforward, and beautiful guide to natural remedies that will help you take charge of your health using nature's own medicine.

Modern Herbal Medicine Steven Horne, Thomas Easley, 2017-05-23 This comprehensive, practical reference equips readers with a wealth of information that empowers them to use natural remedies to treat 500 different health problems. Unlike guides that simply list natural therapies for various ailments, this book helps readers understand the root cause of problems so that they can focus on regaining their health rather than just relieving their symptoms. The authors--two professional herbalists with decades of clinical experience--impart dozens of basic, holistic health-building strategies based on a model called The Disease Tree that conveys the four root causes of disease, the six imbalances in biological terrain, and supporting the eleven body systems. They link 500 health problems to more than 200 single herbs, 50 nutritional supplements, and 1000 herbal formulas, with information that enables users to select the appropriate treatment for their own particular condition. Cross references, lists of complementary therapies, instructions on how to read and understand labels, suggestions for further education, and information on sourcing products from a wealth of suppliers make this an essential reference for anyone hoping to regain health the natural way. The natural remedies found in this book are available at a fraction of the cost of many established medical treatments, and without serious side effects of a number of prescribed medications. All major brands of herbs and supplements are covered here, and can be purchased locally at local health food stores or online.

Herbal Revolution Kathi Langelier, 2021-01-19 A
Modern Guide to Holistic Health + Wellness with Plants
Discover the healing power of plants with Kathi Langelier,
the award-winning herbalist behind Herbal Revolution
Farm + Apothecary. In this beautiful and inspiring
collection, Kathi shares her most popular and effective
formulas to support your daily health and wellness. Renew
each system of the body with uniquely crafted teas,

tinctures, syrups, foods, body products and everything in between. Featured recipes include Elderberry Syrup with Reishi + Roots to strengthen the immune system, Gut-Soothing Tea to nourish your digestive system and Hang in There Elixir to help with anxiety. There is a magic to infusing plants in such simple solutions as water, oil or alcohol, and Kathi guides readers on their herbal journey with the kind of wisdom and care one can only acquire from many years of devoting their life completely to their art. Knowledge is power. Read these recipes, practice, get to know the plants living around you and listen to your body. By joining Kathi and gaining knowledge in this way, you create your own power to heal what troubles you, restore your vitality for life and maintain wellness throughout your body, mind and spirit.

Herbal Healing for Women Rosemary

Gladstar, 2017-04-18 Simple, safe, and effective herbal home remedies for women of all ages! From menstruation to menopause, learn how to prepare natural treatments for acne, PMS, morning sickness, hot flashes, yeast infections, and more. For centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Comprehensive and easy-to-use, Herbal Healing for Women explains how to create remedies—including teas, tinctures, salves, and ointments—for the common disorders that arise in the different cycles of a woman's life. Covering adolescence, childbearing years, pregnancy and childbirth, and menopause, Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne, PMS, morning sickness, and hot flashes. A complete women's health-care manual, Herbal Healing for Women discusses: -common disorders and the herbs that are effective for treating them -how to select and store herbs preparation of hundreds of herbal remedies -an

alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects. By explaining the properties of specific herbs and the art of preparation, Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well.

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 detailsThis 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.

Rosemary Gladstar's Herbal Recipes for Vibrant Health Rosemary Gladstar,2015-10-01 Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

Llewellyn's Book of Natural Remedies Vannoy Gentles Fite, 2020-04-08 Discover Hundreds of Holistic Remedies and Wellness Tips Llewellyn's Book of Natural Remedies shares a powerful integrative approach to healing and living a more natural life. Author Vannoy Gentles Fite shares effective remedies for more than a hundred ailments, exploring contemporary and traditional techniques using common, everyday ingredients. Integrative medicine combines natural, holistic approaches with mainstream medicine. In this book, each ailment includes treatments using essential oils, herbs, Ayurveda, and home remedies. The recipes are easy to locate based on your specific needs, and they include materials you can typically find in your home. From balms and baths to tinctures and wraps, these outstanding remedies will support your healing process as you live your best possible

life. One of BookAuthority.Org's 19 Best Holistic eBooks to Read in 2020

The Woman's Herbal Apothecary JJ

Pursell, 2018-07-17 The Woman's Herbal Apothecary is every woman's lifelong guide to herbal remedies for common health concerns. Novice herbalists and advanced practitioner's alike will learn how to naturally treat the complete spectrum of women's concerns, including preventative self-care, life transitions, and common feminine ailments. Learn how to prevent, soothe, and heal without resorting to medical remedies, which are often harsh, costly, and include unpleasant side effects. The Woman's Herbal Apothecary contains 200 natural remedies, covering the topics of menses, pregnancy, menopause, aging, fibroids, bladder infections, and low libido, among others. The book is conveniently divided into the major cycles of a woman's life: pre-childbirth, reproductive years, menopause, and beyond. Each section discusses specific physical complaints and how to treat them. You will learn which herbs are the most helpful for each phase of life and which are contraindicated or to be avoided. Master herbalist and naturopathic doctor [] Pursell provides her own herbal solutions and DIY herbal remedies. The concluding section is divided by specific common health issues in women, such as cardiac disease, thyroid disease, and adrenal dysfunction. With The Woman's Herbal Apothecary in hand, you are on your way to healing, hormone balance, beauty, longevity, and calm—the natural way.

Master Recipes from the Herbal Apothecary JJ Pursell,2019-03-05 JJ Pursell, the bestselling author of The Herbal Apothecary, is back with a complete, one-stop resource for herbal remedies that heal and nurture the whole family. Master Recipes from the Herbal Apothecary offers safe, trusted natural remedies written by a board certified naturopathic physician. It starts with master recipes for tinctures, salves, teas, capsules, oils washes, and more. Once you understand how to make these basic formulations, you can access the more than 375 specific recipes that address a range of health concerns from the common cold and headaches to insomnia and digestive issues. Comprehensive, thoroughly researched, and beautifully packaged, Master Recipes from the Herbal Apothecary you be your guide for a more natural path toward sustained health and wellness.

Herbs for Long-Lasting Health Rosemary Gladstar, 2014-05-06 Rosemary Gladstar shows you how to enhance your well-being in middle age and beyond using herbal remedies that effectively and safely promote vitality. With in-depth profiles of 22 medicinal herbs, preparation instructions, and dosage guidelines, you'll discover how you can use astragalus to regenerate your body's immune system, bilberry to ease eye problems, and milk thistle to rebuild damaged liver cells. You'll be amazed at how herbal treatments can help support your nervous system, activate your metabolism, and keep your bones and joints healthy.

Be Your Own Herbalist Michelle Schoffro Cook, PhD, DNM,2016-03-20 This complete guide will get you growing, harvesting, using, and healing with herbs — the world's oldest and most effective natural medicines. Popular health writer Dr. Michelle Schoffro Cook profiles thirty-one common and easy-to-grow (or readily available) herbs, sharing scientific discoveries about their usefulness and offering more than one hundred easy ways to use them in delicious recipes, healing teas, and soothing body treatments. You'll discover ways to delight body and mind as you incorporate Mother Nature's medicines into daily

life, where they nurture and protect.

The Herbal Apothecary JJ Pursell, 2016-01-27 A comprehensive and practical reference to using medicinal herbs for natural healing from JJ Pursell, the founder of The Herb Shoppe and one of the leading names in the fields of herbalism and naturopathy.

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.

Dr. Kidd's Guide to Herbal Cat Care Randy Kidd,2000-01-01 Holistic veterinarian and herbalist Randy Kidd explains how cats can be treated for a variety of ailments--including calming nerves or getting rid of parasites--using only herbs. Illustrations.

The Complete Guide To Herbal Medicines Charles W. Fetrow, Juan R. Avila, 2000-09 Two prominent pharmacists offer this guide to herbal remedies, featuring more than three hundred herbal medicines, along with a glossary of medical terms and detailed descriptions of each remedy,

potential drug interactions, dosages, and more. Original.

Recipes from the Herbalist's Kitchen Brittany Wood Nickerson,2017-06-27 Author and herbalist Brittany Wood Nickerson understands that food is our most powerful medicine. In Recipes from the Herbalist's Kitchen she reveals how the kitchen can be a place of true awakening for the senses and spirit, as well as deep nourishment for the body. With in-depth profiles of favorite culinary herbs such as dill, sage, basil, and mint, Nickerson offers fascinating insights into the healing properties of each herb and then shares 110 original recipes for scrumptious snacks, entrées, drinks, and desserts that are specially designed to meet the body's needs for comfort, nourishment, energy, and support through seasonal changes. Foreword INDIES Gold Award Winner IACP Cookbook Awards Finalist

Jamu Lifestyle Metta Murdaya, 2021-06-22 Jamu is the herbal-medicine tradition of the Indonesian archipelago. Born from disparate influences brought by traders to this crossroads of Asian commerce, over the centuries jamu has developed into a sophisticated suite of nutritional supplements incorporated into cuisine, beauty rituals, and healing agents, all proven effective by empirical research. But jamu is more than brightly colored powders and tonics. Jamu Lifestyle is your gateway to entering a vibrant community devoted to self-care; a joyous and transformational world of wellness

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