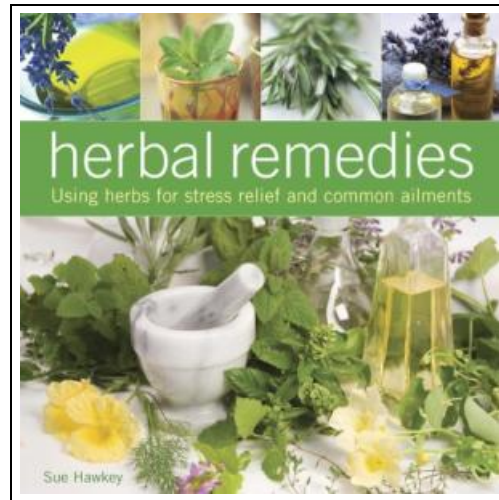


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Reviews

This is an awesome publication i have at any time read. Of course, it is play, still an interesting and amazing literature. You will like just how the author write this book.
(Prof. Herta Mann)

HERBAL REMEDIES



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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Herbal Remedies, Sue Hawkey, Using herbs for stress relief and common ailments. This is a fully illustrated guide to the therapeutic herbs and their uses, and to making safe, effective herbal remedies at home. It includes easy-to-make remedies to treat everyday conditions such as stress, anxiety, headaches, migraines and muscle tension. Step-by-step photographic projects demonstrate how to make herbal teas, tinctures, decoctions, and infused oils. You can counteract the stresses and strains of today's hectic lifestyle with herbal preparations that leave you feeling calm and refreshed, or energized and uplifted. More and more people are seeking natural and effective antidotes to the stresses and strains of today's hectic lifestyles, and, increasingly, people are turning to traditional, age-old therapies such as herbalism. This handy book gives practical guidance on the preparation of herbs in teas, decoctions, infused oils and compresses. Plant profiles of the most popular and useful herbs are included, with a guide to their properties and uses, from the relaxing and calming qualities of chamomile to the uplifting scent of rosemary and the refreshing qualities of peppermint. Remedies and recipes are recommended for treating everyday conditions and concerns: there are recipes to encourage deep, relaxing sleep, to promote a sense of calm and well-being, and to relieve headaches and muscle tension. This is a practical and authoritative introduction to the natural benefits of herbalism.



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