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PLANTS (EMP). EHM covers most of the same plants as EMP, but contains more up-to-date information

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This definitive Australian reference guide provides a unique insight into the medicinal actions of herbs, based on the latest scientific research. It contains a comprehensive Australian and New Zealand address list of organisations and practitioners.

The Most Thorough Compilation of Home Cures and Remedies Yet! Years ago, every household practiced natural healing by using what they had. Plants grow abundantly all over our roadsides, cities, and in your own backyard, and though once valued and widely used, they've fallen out of fashion over time as people forget the numerous medicinal uses at our fingertips. This book brings alternative medicine back to the forefront. Researched and written by a practicing medical herbalist and natural healer, and now with even more herbs and medicinal plants, The Big Book of Backyard Medicine is the basis for a veritable natural pharmacy that anyone can create. Featuring one hundred specific plants and their associated remedies, and fully illustrated with hundreds of color photographs, this book offers fascinating insights into the literary, historic, botanical, and global applications of common wild plants and herbs that can be used in medicines, including: Ash Chicory Dandelion Forget-me-not Gypsywort Horseradish Mint Red Poppy Thistle Wild carrot Willow And so much more! Anyone who wants to

improve his or her health in a completely natural way will find this book to be an absolute must-have for his or her home and garden.

If you're in search of natural remedies for common ailments, this comprehensive guide has over 550 healing herbs to promote health and well-being. Invite Mother Nature into your garden! Learn how to cultivate, harvest and make your own treatments with this definitive reference book for medicinal plants. From ginger to lavender, thyme, and even the little dandelion, this book is a complete encyclopedia of herbs, plants and their healing properties. Learn about the chemistry of the plants and how they act as a medicine. Create alternative treatments for nearly 200 common health concerns in the comfort of your home. Treat yourself with the most natural medicine and become your own herbalist. The helpful instructions are easy to follow so you can start your own medicinal garden with the best know-how. Create the ideal habitat for planting, practice careful cultivation and know the best time to harvest. The well-thought-out format of the book means you can look up information by plant names or by ailments. There are 550 essential herbs with a beautiful photographic plant index discussing their different uses. Learn how to safely and effectively process the correct parts of the plants to encourage holistic and healthy healing. Traditional Medicine with Modern Research A treasure trove of information on the history of natural remedies and the many uses of plants. An essential index for any level of herbal expertise and supportive advice for beginners. - Extensive photographic index of over 550 herbs and plants. - Description of the plants, their active constituents and therapeutic properties. - Advice on how to cultivate your own herb garden.

Discover the therapeutic properties of more than 140 medicinal herbs such as turmeric, elderflower, and ginger root with Herbal Remedies Handbook. Take charge of your health and wellness naturally with tried-and-tested plant-based home remedies. Reliable, authoritative, and accessible, it's packed with expert advice and know-how on essential herbal remedies, including crucial safety and dosage information you can trust. If you've ever wondered how to treat a cold with Echinacea tea or boost your brainpower with ginkgo biloba, then let Herbal Remedies Handbook be your guide. Learn how to prepare effective remedies at home with step-by-step instructions for making herbal teas, decoctions, and tinctures. Identify how to treat more than 50 common conditions including headaches, hay fever, and the symptoms of menopause with at-a-glance charts on remedies for home use. Compact and easy to understand, it's the guide every home herbalist needs - let it be your trusted companion on your journey to natural health and wellness.

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

Backyard Medicine is a beautiful book, packed with nearly 300 color photographs and over 120 herbal remedies that you can make yourself. It gives a fascinating insight into the literary, historic, and world-wide application of the fifty common plants that it covers. It is the sort of book you can enjoy as an armchair reader or use to harvest and make your own herbal remedies from wild plants. Anyone who wants to improve his or her health in the same way that human-kind has done for centuries around the world, by using local wild plants and herbs, will find this book fascinating and useful.

Your personal guide to unlocking the natural healing power of herbs Put your health in your own hands with time-tested treatments. From the creators of the New York Times bestseller *Essential Oils for Beginners*, *The Practical Herbal Medicine Handbook* offers basic techniques and effective herbal treatments for everyday ailments, wellness, and beauty. □ More than 100 everyday herbal remedies to treat common ailments such as headaches, bruises, and leg cramps □ Step by step techniques for buying, making, and growing herbal medicine □ Discover the 44 most common and effective healing herbs with the A-Z apothecary □ Reduce stress, soothe insomnia, and enhance your memory naturally with herbal remedies for your mental health and well-being *The Practical Herbal Medicine Handbook* provides a natural path to feeling better and improving your overall sense of wellness.

Are harsh artificial medicines stripping your body of its vitality? In the western world today, more people are now addicted to "medicines" than ever before - and suffering harmful effects from these very drugs that were meant to help them. In fact, we're being encouraged to use artificial chemicals to treat almost everything... (Even our children are being medicated just for being energetic) But it wasn't always this way... Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing. Rather than focussing on treating a single disease, they used a holistic approach to maintain good health and create explosive levels of energy and vitality rarely seen today. And by using plants found in the local environment, they not only avoided the risks associated with artificial compounds, but were able to leverage the power of plants which evolved alongside our own physiology for millions of years. But these secrets were only passed down through the spoken word from one generation to the next. Making them completely inaccessible to the outsider. That is, until now... Today, herbalist Tamaya has transcribed these ancient teachings to help you unlock the benefits of 1,000s of years of health wisdom, with traditional illustrations to make following along easy. She has created the most powerful entry to learning Native American herbalism, including both her trusted encyclopedia and dispensary in one comprehensive bundle. What you'll learn inside: The spiritual history of Native American herbalism - Through immersive stories, you will learn to appreciate the spirituality used by Native Americans in your own practise. Herbalism 101 - Learn how to source, prepare, dry, and store your herbs. This is the hands-on guidance you need to begin your herbal preparations safely. 40+ Native American plant profiles - Discover in depth plant profiles to help identify the most important plants used in herbal remedies, with careful illustrated diagrams. 22 Common ailments - Learn to heal 22 of the most common ailments affecting us today, with positive healing that promotes the full experience of wellbeing. Precise guidance on use - Uncover the precise uses, dosages, and benefits of each remedy to maintain the perfect healthy balance and get the maximum benefit of every concoction. Modern warnings - Updated with important advice on how these remedies might interact with any western medicine, to always keep you and your loved ones healthy and safe. It's time to take control of your health and stop relying on artificial chemicals to treat your ills. Grab a copy today and give your body the gift of true vitality and wellbeing.

Containing over 900 entries of general disease conditions and corresponding herbal treatments, this book covers: therapeutic action, 550 monographs of medicinal plants, and the properties of herbs and preparations such as inctures, liquid extracts, poultices and essential oils.

With information on 100 key herbs, this A-to-Z guide provides practical advice and information on how to grow, harvest and prepare herbs for

medicinal use to help minor ailments and improve well-being. Original.

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