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Common Herbs For Natural Health Herbals Of Our Foremothers

Gertrude Swanson



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Common Herbs for Natural Health Juliette de Bairacli-Levy, 1996-04-11 Common Herbs for Natural Health is an essential herbal for the newcomer to the expert Juliette de Bairacli utilizes her Gypsy wisdom and decades of studying herbs and healing to create a book filled with natural remedies and recipes What a treasure Her respect and love for the plants the earth and the medicinal knowledge garnered from people of all ethnic origins is powerful practical and sensible My gardens and personal health are already benefiting from this intelligent and tender book *Subject Guide to Books in Print*, 1997

The Essential Herbal for Natural Health Holly Bellebuono, 2012-03-13 From tinctures to ease tummy aches to elixirs to enhance energy making your own remedies from easy to find herbs can be a satisfying and pleasurable way to connect with nature and your family's health While entering the herb world can be intimidating many of today's herb books are filled with cultivation tables harvest techniques dye charts and aromatherapy guidelines The Essential Herbal for Natural Health provides a welcome entry point for those wishing to experience the beauty and simplicity of natural herbal remedies safely By focusing on just thirteen foundation herbs you can easily jump into the world of herbs while still creating a wide range of remedies and recipes With something for everyone in the family men women and children these simple recipes can be made to cure coughs calm anxiety moisturize skin and more

Herbs that Heal H. K. Bakhru, 1992 The book covers 107 herbs and their medical uses in the treatment of diseases It is divided into two parts the first describes in detail 66 important herbs with strong healing powers and curative properties and the second describes in brief 41 herbs with comparatively milder properties In each part herbs have been arranged alphabetically according to their English names as well as by trade names where they are more popular by the trade name While there are numerous books on herbs the distinctive feature of this book is its reasonably comprehensive information about herbs especially their uses in the treatment of various diseases **Herbs**

for Your Health Steven Foster, 1996 A Guide to knowing and using 50 common herbs *Encyclopedia of Herbal Medicine* Elizabeth N. Richards, 2025-06-25 Discover the power of plants and transform your health naturally with the Encyclopedia of Herbal Medicine A comprehensive and beautifully written guide for anyone who wants to understand use and trust herbal remedies with confidence This book is more than just a reference It's a warm down to earth companion for beginners and seasoned herb lovers alike blending time tested wisdom with practical guidance to help you take charge of your health naturally Whether you're curious about easing anxiety with chamomile soothing digestion with peppermint boosting immunity with elderberry or creating your own herbal tea blends and tinctures you'll find everything you need inside these pages Inside this essential guide you'll find A full Materia Medica with in depth profiles of the most powerful and accessible healing herbs Clear explanations of how herbal medicine works with your body not against it Step by step instructions to prepare teas salves tinctures syrups oils and more Herbal solutions organized by body system and common health concerns Seasonal herbal rituals and tips for aligning your wellness with nature's cycles A beginner friendly section on starting your

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Natural Cures and Medicinal Herbs Revealed Gertrude

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How to Benefit from Everyday Herbs Patricia Bratianu, Donna Schwontkowski, 2014-04-18 How to Benefit from Everyday Herbs is put together by more than fifty years of herbal medicine herbalism experience between Dr Patricia Bratianu and Dr Donna Schwontkowski It is the complete herbal guide to introduce you and your family to the world of using natural herbal remedies to cure common ailments and to enjoy good health To help you understand and apply herbalism better Dr Patricia has taken great care to introduce medicinal and healing herbs from the perspective of how they strengthen the various body systems as choosing herbal medicine or remedy is often based on the system of the body that's ailing The ten primary body systems are covered extensively with natural herbal remedies for the common ailments associated with them Food ingredients and recipes are also included to help you strengthen the various body systems in your daily living The ten body systems covered are 1 Digestive system 2 Respiratory system 3 Nervous system 4 Integumentary system skin 5 Endocrine system glands and hormones 6 Musculoskeletal system 7 Immune system 8 Lymphatic system 9 Reproductive system 10 Kidneys and urinary tract Some of the illnesses and herbals remedies covered Anxiety Stress Headaches Migraine Headaches

Sinus Headaches Insomnia High Blood Pressure Hardening of the Arteries High Cholesterol Indigestion Constipation Acne Healthy Skin for Life Healthy Hair and Scalp Rashes and Skin Irritations Rashes Eczema and Psoriasis Sore Throat Chest Soreness and Congestion Herbal Steam Baths Coughs Kidney Stones Hot Flashes PMS and Pregnancy Children General Health Constipation Bites Stings and Rashes Hearing Loss and Ringing in the Ears Overall Brain Health Osteoporosis Osteoarthritis Incontinence Pressure Sores and Bedsores Diarrhea Stopper Prostate Menopause Quick Bio

Dr Patricia Bratianu is a Registered Herbalist Registered Nurse of forty years and has a Ph D in Natural Health Dr Donna Schwontkowski has five degrees in health Master s in herbology D C doctorate in chiropractic medicine B S and M S in nutrition and B S in Human Biology

Nature's Remedies Jean Willoughby, 2016-12-06 Turn to the natural benefits of herbs for enhanced energy digestive health hormonal harmony pain relief skin care improved sleep and more Throughout history herbs have been used medicinally to promote healing and vitality Think chamomile for better sleep green tea for enhanced focus or elderberry for immunity boost Today herbs are more popular than ever celebrated not just for their effectiveness but also as natural and affordable remedies This beginner friendly guide welcomes a new generation to the trusted tradition Engagingly written for a wide audience it presents richly detailed profiles of more than sixty herbs including cultural history uses tips and beautiful watercolor illustrations The simple practicality of *Nature s Remedies* by Jean Willoughby makes this book easy to consult when needed Some of my favorite herbs were cited within its pages such as St John s Wort White Tea Dandelion Ashwaghandha and Elderberry just to name a few If you are new to horticulture and botany like I am and you want a fresh simple and clean start then *Nature s Remedies* by Jean Willoughby is the book for you Tea End

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