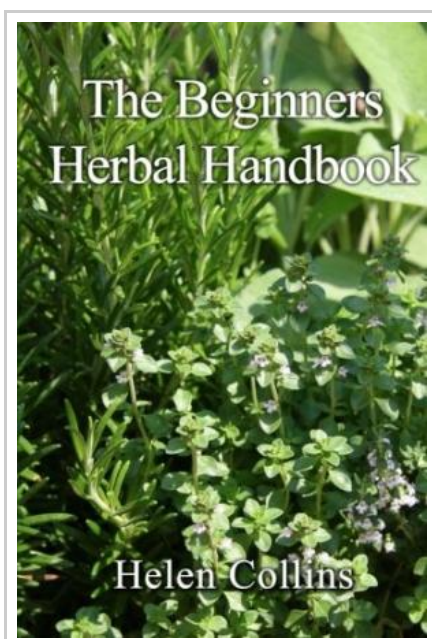




The Beginners Herbal Handbook

By Helen Collins

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In this book I have collected together dozens of simple herbal remedies for the everyday aches and pains and woes which afflict us at one time or another. I have deliberately selected remedies with a long and proven history of safe use. I am constantly astonished by the power of these familiar, often humble plants. When our daughters have cuts and grazes to be dealt with, I dress them with a cool green Comfrey Ointment - or with a lotion made from the orange flowers of the common Marigold - knowing that pain will be soothed and healing rapid. Bedtime wakefulness and upset tummies have both alike been charmed away by Chamomile tea, colds have been nipped in the bud by a Mustard foot bath, and doses of a fiery red concoction made from - amongst other things - Cayenne, Ginger and the creamy blossoms of the Elder. There are certain symptoms, too, which could indicate a serious medical problem, and for which professional advice should be sought without delay: persistent headaches, mild but persistent...



READ ONLINE
[6.49 MB]

Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III