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The Homesteader's HERBAL COMPANION

THE ULTIMATE GUIDE TO
GROWING, PRESERVING,
AND USING HERBS

- Choose the five best herbs to grow
- Make soaps, salves, and tinctures
- Preserve the herbal harvest
- Maintain the health of livestock with herbs



AMY K. FEWELL
Foreword by Joel Salatin

The Herbal Companion The Essential Guide To Using Herbs For Your Health And Wellbeing

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The Herbal Companion The Essential Guide To Using Herbs For Your Health And Wellbeing:

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The Essential Guide to Herbs Lesley Bremness, 2012-02-02 This third entry in the successful *Essential Handbook* series squeezes a wealth of fascinating information about herbs into a pocket sized package Over 100 life enriching herbs are catalogued with comprehensive reference information for each including its Latin name traditional uses optimal growing conditions and benefits to the body and mind More than just a practical manual it also describes key ways to incorporate any herb into daily life whether dried in a therapeutic sachet soaked to form a skin soothing compress or infused to make an uplifting tisane **East West Journal** , 1983 *Restoring Health with Timeless Herbal Wisdom* Prof Gazif Nd, 2024-04-28 Attention Are you seeking natural solutions for your health and well being Dive into *Restoring Health with Timeless Herbal Wisdom* where ancient traditions meet modern science to unlock the secrets of nature's healing power Interest Discover the transformative potential of herbal medicine as you journey through the pages of this comprehensive guide From understanding the rich history and traditions of herbalism to building your own herbal toolkit this book offers practical insights and guidance to empower you on your path to wellness Desire Explore herbal remedies for common conditions from boosting immunity and managing stress to supporting women's wellness and enhancing men's health With chapters

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