



TEACH YOURSELF

HERBALISM

A SERIES OF GUIDEBOOKS & WORKBOOKS

2

MODULES 4-6 / CHAPTERS 10-18

**HERBAL PREPARATIONS * COMMON
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PAIRS WELL WITH REMEDY RECIPE JOURNAL

Nicki Lynne

Teach Yourself Herbs

Heather Welford



Teach Yourself Herbs:

Teach Yourself Herbs Susie White, 1993 Shows how to use herbs for cooking home remedies and beauty preparations and describes fifty of the most popular herbs

Take Control of Your Menopause: Teach Yourself Janet Wright, 2010-08-27 Teach Yourself the world's leading learning brand is relaunched in 2010 as a multi platform experience that will keep you motivated to achieve your goals Let our expert author guide you through this brand new edition with personal insights tips energising self tests and summaries throughout the book Go online at www.teachyourself.com for tests extension articles and a vibrant community of like minded learners And if you don't have much time don't worry every book gives you 1 5 and 10 minute bites of learning to get you started Offers the very latest advice on both complementary and traditional therapies including natural therapy and HRT Gives you not only advice on coping with symptoms but how to prevent them Explains clearly exactly how your body is changing Plenty of practical suggestions for nutrition fitness and coping with emotional ups and downs One of the few really objective guides that just tells you what you need to know Written by an experienced health writer who'll explain all the issues in the clearest manner possible so you can make a choice that works for you Teach Yourself Your Menopause will give you a clear and steady path through the maze of conflicting information offering a comprehensive guide to the years immediately before during and after the menopause and treating it not as a disease but as another stage in your life It will explain what exactly is happening in your body and help you understand the physical mental and emotional impacts signs and symptoms of these changes It will offer you support as you face the end of your fertile years realistic advice for contraceptive choices and insight into your sexuality at this stage You will receive the latest guidance on what treatment you should and shouldn't seek for any difficult symptoms from traditional medicine and natural alternatives alike and practical tips on lifestyle choices such as fitness nutrition and mind and mood in this comprehensive and supportive guide to making the period both during and after the menopause as satisfying and fulfilled as possible

Take Charge Of Your Fertility: Teach Yourself Heather Welford, 2010-01-29 Take Charge of Your Fertility explains everything the prospective parent may need to know as they face the physical emotional and practical challenges of trying for a baby It covers health issues in full from basic biology and an explanation of fertility and cycles to outlining what supplements are useful and what aren't and how you can maximise your chances by following a healthy diet and cutting alcohol or nicotine intake There are plenty of resources and guidelines for parents facing difficulties including a guide to the medical options and advice on how to seek further help It will help couples to deal with the emotional issues faced when trying for a baby and will also give practical information on who you should tell and who you must tell and when With coverage of all aspects of very early pregnancy from do it yourself tests to the very first scan it will be a useful resource which will help all prospective parents whether looking to start or to expand their family NOT GOT MUCH TIME One five and ten minute introductions to key principles to get you started AUTHOR INSIGHTS Lots of instant help with common problems

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books on herbs already available generally restate old often outdated lore about herbs Now Herbs Demystified does something entirely different It is the first book to explain exactly what herbs actually do inside our bodies and how they achieve their effects Biochemist Holly Phaneuf covers 100 of the most popular herbs astragalus black cohosh chamomile echinacea garlic ginkgo ginseng milk thistle pine bark extract saw palmetto valerian and many others Phaneuf's introductory overview lays out the basic chemical principles that underlie the journey herbal molecules make in our bodies Then for each of the herbs she covers its history and folklore explains what the herb really does its evidence of action its good uses and not so good uses including the forms in which it is typically available and commonly reported dosages interesting facts and the bottom line Like no other herb book before Herbs Demystified allows readers to custom fit an herb to one's own particular concern therefore minimizing trial and error

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Teach Yourself Herbs Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Teach Yourself Herbs**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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