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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

Louise Tenney



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

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complete healing one dish at a time *Medicinal Herbs* Eric James,2018-12-15 Medicinal herbs are literally everywhere It is only our duty to identify their importance that has been lost This essential guide contains easy to comprehend useful information on growing preparing and administering about 100 medicinal plants in many different forms including how you can use them to make delicious hearty recipes at home Do you know that Chives is perfect for making sandwiches vichyssoise soups carrots salads cheese souffl s egg dishes baked and mashed potatoes barbecues That Lemongrass is excellent for making Asian and Caribbean dishes Thai and Vietnamese beef and seafood Or that Oregano can be used in tomatoes sauces pates and poultry dishes These are some of what would be found in this book The Medicinal Herbs is the most practical and foolproof way to prepare your own herbal medicines to soothe and heal over 70 common ailments and injuries naturally ailment such as Headache Depression Alzheimer s Diarrhea Indigestion Sore throat Bronchitis Cold Fever Eczema Hair loss and much more In this guide you will also get some useful expert tips and advice on cultivating making and using medicinal herbs to improve your health and overall well being Get a copy of this guide today to improve your health and empower yourself BUY NOW **Unlock The Healing Power of Nature** Carol J Woodell,2023-01-19 Unlock the Healing Power of Nature A Beginner s Guide to Medicinal Herbs is an essential guide for anyone looking to harness the power of nature to improve their health and wellbeing Written by an experienced horticulturist this book is a comprehensive introduction to the world of medicinal herbs and how they can be used to treat a wide range of ailments From common conditions like headaches and colds to more serious illnesses like diabetes and cancer this book provides clear easy to follow instructions for using herbs to improve your health With beautiful illustrations and a user friendly design this book is a must have for anyone interested in natural healing Whether you re a beginner or an experienced practitioner this guide will help you unlock the healing power of nature and improve your overall health and well being Don t miss out on the opportunity to discover the natural healing power of medicinal herbs order your copy today **Today's Herbal Health** Louise Tenney,1997

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