



**THE COMPLETE
ILLUSTRATED**

HERBAL

**A Safe and Practical
Guide to Making
and Using Herbal
Remedies**

DAVID HOFFMANN

The Complete Illustrated Herbal

Chela Ram Bathija MH RH



The Complete Illustrated Herbal:

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The Herbalist's Way Nancy Phillips,Michael Phillips,2005-08-19 This updated edition of The Village Herbalist provides a

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invaluable in its usefulness **When Technology Fails** Matthew Stein, 2008-08-18 There's never been a better time to be prepared. This book is an indispensable basic manual for the real life issues that await us in the decades to come. A treasure trove of practical wisdom. James Howard Kunstler author of *The Geography of Nowhere*. Matthew Stein's comprehensive primer on sustainable living skills from food and water to shelter and energy to first aid and crisis management skills prepares you to embark on the path toward sustainability. But unlike any other book, Stein not only shows you how to live green in seemingly stable times but to live in the face of potential disasters lasting days or years coming in the form of social upheaval, economic meltdown or environmental catastrophe. *When Technology Fails* covers the gamut. Inside you'll learn: The basics of installing a renewable energy system for your home or business. How to find and sterilize water in the face of utility failure. How to keep warm if you've been left temporarily homeless. Practical information for dealing with water quality issues. Alternative health and first aid techniques. Each chapter describes skills for self-reliance in good times and bad. Chapters include: A survey of the risks to the status quo. Supplies and preparation for short and long term emergencies. Emergency measures for survival. Prepping water, food, shelter and clothing. First aid, low tech medicine and healing. Securing energy, heat and power. Metalworking. Utensils and storage. Low tech chemistry, engineering, machines and materials. Fully revised and expanded. *When Technology Fails* ends on a positive, proactive note with a chapter on *Making the Shift to Sustainability* which offers practical suggestions for changing our world on personal, community and global levels. *When Technology Fails* is a massive project done well. First, the book gives a superb presentation of WHY one should be more aware and prepared and then HOW one should go about this. The scope of this book is thorough. John McPherson author *Primitive Wilderness Living and Survival Skills*. **Be a Greener Parent** Lynoa Cattanach, 2010-10-29 Be a Greener Parent: Teach Yourself gives a parent all the information they need to make informed choices about how to bring up their child in an ethical, environmentally conscious manner. It goes beyond the immediate concerns of washable vs disposable nappies to provide an all-round approach to a balanced ethical family and domestic life. It covers everything from pregnancy through childbirth and beyond and features plenty of advice on how to make ethically informed choices about education, travel and even issues such as how much clothing and how many toys does your child really need. The approach is centred firmly on a realistic vision of ethical parenting and offers parents a system whereby they can either make wholly green choices or can opt for a more convenient and practical approach with a minimum of effort. These unique Green Box Guides, in addition to the substantial resources and bibliography featured, make this a comprehensive yet accessible handbook for all those who want to take a more ethically aware approach to 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 and quick tips for success based on the author's many years of experience. TEST YOURSELF Tests in the book and online to keep track of your progress. EXTEND YOUR KNOWLEDGE Extra online articles at www.teachyourself.com to give you a richer understanding of environmentally friendly

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