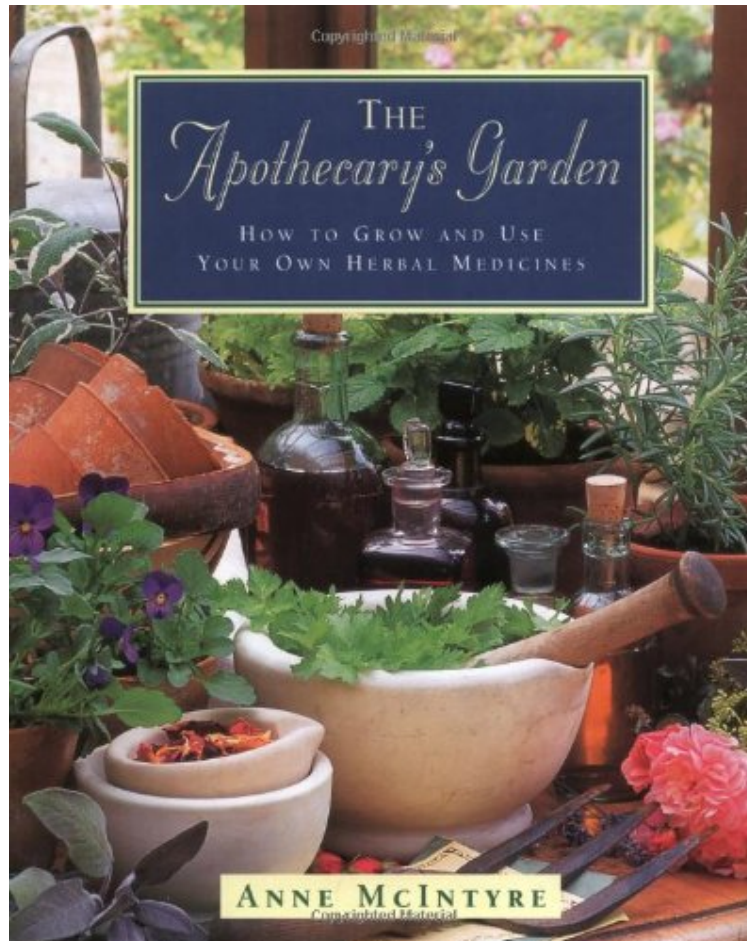


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A guide to growing herbs for health, this book contains an A-Z of over 80 herbs, demonstrating methods of cultivation and medicinal uses. Remedies include: infusions, decoctions, tinctures, compresses, poultices, inhalations and eye baths. A glossary of herb and seed suppliers is also provided.