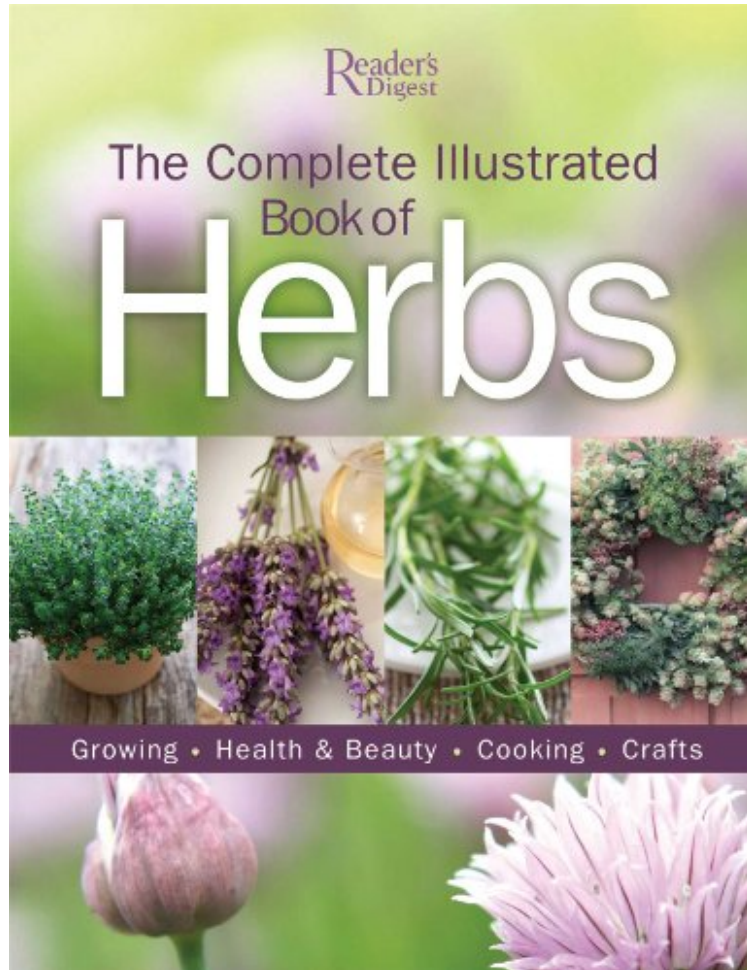


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The Complete Illustrated Book of Herbs

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From Brand: Readers Digest : The Complete Illustrated Book of Herbs before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Illustrated Book of Herbs:

7 of 7 people found the following review helpful. EXACTLY what I was looking for By Emelgeel am just getting into herbal remedies and blends for health and home care and this book is great. Here's a breakdown of page contents: 1-133 are an herb directory which has color pictures of more than 100 common herbs and a bit about their history and how to cultivate, use and grow them. 134-139 are trees, berries and spices 140-175 goes into gardening with herbs; cultivating, propagating, container gardening, garden planning, pest considerations, etc. 176-239 goes into herbal medicine and is categorized by body system 240-281 goes into natural beauty and contains information about herbs and whole foods that are good for personal hygiene care and contains recipes for making your own 282-297 goes into around the home care and contains recipes for all types of home products to keep your house clean and fresh including laundry soap, fabric softener, furniture polish, flea spray, carpet deodorizer and so much more! (my favorite section!) 298-325 goes

into crafts with herbs; sachet pillows, wreaths, scented cards, window boxes and more.326-383 goes into cooking; contains recipes for all categories of food as well as rub and marinade recipes using fresh and dried herbs.If you are new to herbs this will be useful and it will become a "go to" reference for you.1 of 1 people found the following review helpful. I love this book! Great resource.By L.J. O'NealIt contains even more information than I anticipated. It's practical and provides a plethora of ideas for herbal use, as well. I was personally hoping it would also contain information on traditional ancient herbs used in Ayurvedic medicine, but it didn't. (I don't follow Ayurveda, I just love what the herbs do for my hair and skin.) That's okay because I am very pleased with this book and will be referring to it often in the years to come.0 of 0 people found the following review helpful. ... training me and this is one of several books recommended to me that I have purchasedBy Rick RuckerI am working with a Master Herbalist who is training me and this is one of several books recommended to me that I have purchased. The art of herbal remedies is a whole new world that is essential for anyone considering or now living off grid. I have gained so much knowledge in such a short time, and I have connected with local dealers that are purchasing bulk products that grow wild on my property. This same review applies to all of the herbal books I have purchased, I don't just recommend one but all of them for your library as a serious or novice herbalist!!!!

This beautifully illustrated, complete guide to herbs unlocks the secrets of these wonder plants-from planting and harvesting to cooking and storing- including their health benefits. Now you can discover the joy and pleasure of growing your own herbs-for spicing up meals, creating crafts, treating ailments, and more. In this comprehensive and beautifully illustrated herbal guide you'll find information on their history, cultivation, propagation, and harvesting, along with a wealth of great ideas for using herbs everyday in a variety of ways. This guide unravels the mysteries of these versatile plants, with savvy tips and simple formulas for maximizing their powers. Did you know? Mint can repel ants, flies, mice, and moths Garlic can seriously lower cholesterol Chives, fennel, tarragon, thyme, oregano, and winter savory are perennials Rosemary was used in the Middle Ages for its tranquilizing effects, and it is still a digestion aid Known for alleviating common ailments, herbs are an ancient natural wonder-herbs are hotter than ever. Extremely informative and fascinating, this book will help you find which herb can treat various complaints. Throughout the guide are instructions for bursting-with-flavor recipes, health-care products, decorative craft ideas, insect repellents, cosmetics, cleaning agents, and much more.

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