



Healing Herbs: A Beginner's Guide to Identifying, Foraging, and Using Medicinal Plants / More than 100 Remedies from 20 of the Most Healing Plants

Tina Sams

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Ever wondered about the benefits of dandelion, chickweed, and elder? *Healing Herbs* is an essential reference for the beginning herbalist, featuring 20 common herbs, many of which are considered weeds, that can often be found in hedgerows, meadows, and wild places.

Along with medicinal information, this book includes traditional folklore and fortifying recipes for each edible or medicinal plant, and plenty of easy-to-follow instructions to help fill a backyard herbalist's medicine chest with remedies to keep the whole family happy and healthy.

Healing Herbs is conveniently organized by plant, making it easier for the home herbalist to find, identify, and use healing plants from the backyard. Herbalist Tina Sams identifies the 20 most common and healthful herbs and over 100 natural remedies that are easy, inexpensive, and effective. This illustrated guide is fundamental for any nature-lover's library.

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