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Rosemary Gladstar is the best-selling author of Rosemary Gladstar's Herbal Recipes for Vibrant Health and Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide. She speaks and teaches internationally, and is the director of the International Herb Symposium and the New England Women's Herbal Conferences.

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Herbal Wikipedia

A herbal is a book containing the names and descriptions of plants, usually with information on their medicinal, tonic, culinary, toxic, hallucinatory, aromatic, or magical powers, and the legends associated with them. A herbal may also classify the plants it describes, may give recipes for herbal extracts, tinctures, or potions, and sometimes include mineral and animal medicaments in addition

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