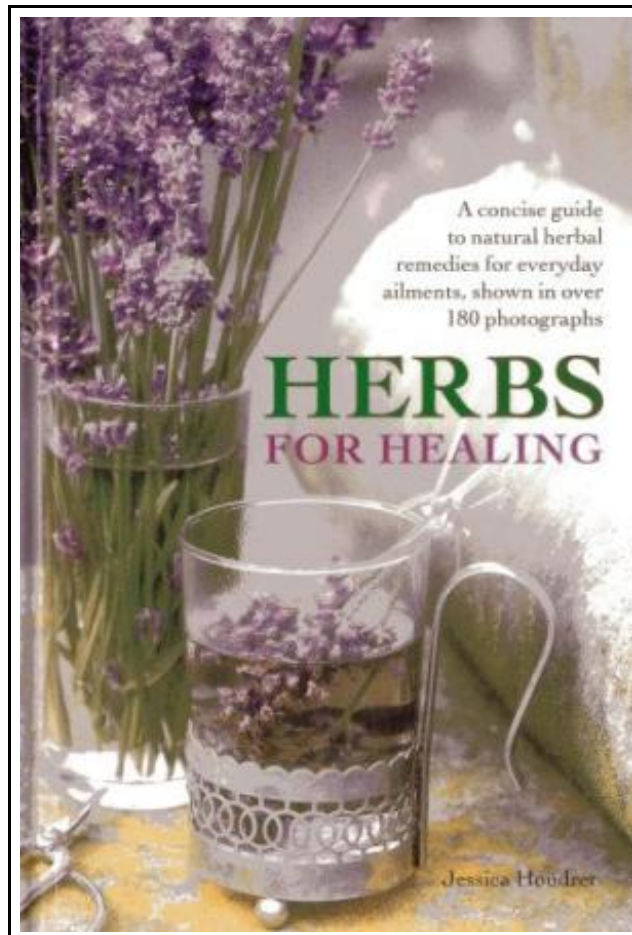


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Anness Publishing. Hardback. Book Condition: new. BRAND NEW, Herbs for Healing: A Concise Guide to Natural Herbal Remedies for Everyday Ailments, Jessica Houdret, This is a concise guide to natural herbal remedies for everyday ailments, shown in more than 180 photographs. You can learn to utilize the natural healing properties of herbs to treat a range of everyday symptoms, from the common cold to sunburn, sore throats, tense muscles and insomnia. It includes step-by-step instructions that show you how to make herbal teas, decoctions, infusions, compresses, poultices, ointments, creams and tinctures using fresh or dried herbs. It includes concise information that is provided on growing, harvesting and storing herbs, with creative ideas for planting up containers with herbs that will relieve symptoms. It includes a useful illustrated directory of herbs. Herbal medicine is holistic in its approach: it aims to treat the underlying causes of illness as well as the actual symptoms. Herbs have always played a key role in physical and emotional health and wellbeing, and this book explores their diverse uses. It shows how herbs can help to ward off illness, promote health and cure minor ailments, whether used in food, herbal teas, decoctions, ointments, inhalations, essential oils, compresses or poultices. There are treatments for earaches, winter blues, headaches, hangovers, anxiety, indigestion, insomnia, stress and acne. It is a useful section on growing, harvesting and storing herbs completes this handy guide.



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