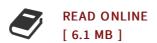




## The Holistic Gardener: Natural Cures for Common Ailments (Hardback)

By Fiann O Nuallain

The Mercier Press Ltd, Ireland, 2016. Hardback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book. A handy pocket-size guide to natural remedies from your garden and store-cupboard for complaints ranging from coughs and colds to aches and pains that allows you to save money and avoid taking mass-produced chemicals on a regular basis. Fiann gives simple step-by-step instructions to make straightforward salves and ointments, teas, rinses and syrups that will fill the first-aid cupboard, as well as identifying plants that can be used straight away with no preparation required. Fiann s singular knowledge of the properties and uses of herbs, fruit and flowers from the garden makes fascinating reading, as well as having extensive practical applications.



## Reviews

Very beneficial for all type of folks. It can be rally intriguing through studying time. You will like how the writer publish this ebook.

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Totally one of the better pdf I have at any time read through. It really is simplified but shocks within the 50 % from the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Mariano Spinka