



Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family

By Rosemary Gladstar

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By Rosemary Gladstar

Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

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- Sales Rank: #50478 in eBooks
- Published on: 2015-10-01
- Released on: 2015-10-01
- Format: Kindle eBook

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Editorial Review

From the Back Cover

Homemade Remedies from Nature's Pharmacy

Soothe your baby's colic, moisturize dry skin, relieve cold symptoms, or simply enjoy a good night's sleep. Renowned herbalist Rosemary Gladstar provides time-tested natural therapies and herbal remedies that are safe, effective, and easy to use. She guides you every step of the way, from the growing and ecological harvesting of herbs to basic preparations and dosage directions. Originally published in hardcover as *Rosemary Gladstar's Family Herbal*, this comprehensive recipe-collection offers a potent prescription for energy, health, and vitality at every stage of life. Nurture yourself and those you love with nature's healing herbs.

About the Author

Drawing on her 40-plus years of studying and teaching about the healing properties of herbs, Rosemary Gladstar is the best-selling author of *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide* and *Rosemary Gladstar's Herbal Remedies for Vibrant Health*. She is a world-renowned educator, activist, and entrepreneur, serving as director of Sage Mountain Herbal Retreat Center, the International Herb Symposium, and the Women's Herbal Conference. Gladstar is founding president of United Plant Savers, a nonprofit organization dedicated to the conservation and preservation of native American herbs. She was the original formulator for Traditional Medicinal Herbal teas and currently leads herbal educational adventures around the world. She lives in East Barre, Vermont.

Users Review

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Here thing why this specific Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family are different and reliable to be yours. First of all examining a book is good however it depends in the content from it which is the content is as scrumptious as food or not. Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family giving you information deeper including different ways, you can find any book out there but there is no reserve that similar with Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family. It gives you thrill examining journey, its open up your current eyes about the thing that will happened in the world which is might be can be happened around you. You can actually bring everywhere like in park your car, café, or even in your means home by train. For anyone who is having difficulties in bringing the published book maybe the form of Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family in e-book can be your option.

Eva Ammons:

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In this particular era which is the greater individual or who has ability to do something more are more valuable than other. Do you want to become among it? It is just simple solution to have that. What you must do is just spending your time not very much but quite enough to get a look at some books. One of many books in the top list in your reading list is Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family. This book which is qualified as The Hungry Hillside can get you closer in becoming precious person. By looking upwards and review this reserve you can get many advantages.

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