

The Ultimate Reference & Learning Guide for Herbalism! It was only in the last century that the ailing, injured, or sick would turn to various herbs and foodstuffs for help before turning to a doctor or pharmacy. The ability to heal ourselves from minor--or occasionally even major ailments still is very much within our own kitchen or grocery store. In this book, Benson has made an effort to include herbs and foodstuffs that are very easy to find, and that many households stock on a regular basis. Kristina covers each food or herb, what it can be used for, and what its main properties are. Also included is a glossary, and some of her favorite recipes and home remedies

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or herb, what it can be used for, and what its main. In the old times, those interesting names were given to specific herbs, plants or as a way of guarding the ingredints of what the healers used in their remedies, kind In this section, you will find a glossary of the most common ones and their .

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