

Complete Beginners Guide to Herbalism

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Synopsis

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Why choose a more expensive option over one that could help heal the body in a multitude of ways? Here is just a fraction of what you will discover in the *Complete Beginners Guide to Herbalism:*

- Fifteen of the most popular medicinal plants that have been used for more than 40,000 years by over 500 nations.
- Hundreds of herbs and spices that treat everything from a cold to myofascial pain syndrome.
- How to recognize the commercial hype and myths surrounding medicinal plants.
- One Ayurvedic herb that could be the secret to breaking dementia-related illnessesg one of the 805,000 Americans who have a heart attack each year.
- 30 herbs and spices that are safe and healthy for pregnancy and infants.
- One Ayurvedic herb that could be the secret to breaking dementia-related illnesses.
- How to grow your own medicinal herbs from seeds and cuttings all the way to harvesting and storing your homegrown remedies.
- Thirty-one inspiring herbal recipes that will motivate you and your family to have fun in the kitchen and start incorporating these healing plants into your diet.
- And much more!

The Complete Beginners Guide to Herbalism provides necessary scientifically proven details, outlining potential benefits and risks in a convenient and easy-to-understand format.

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