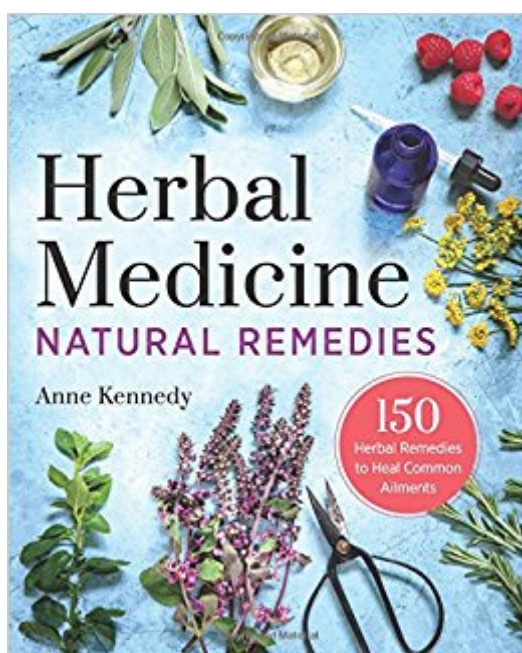


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# Herbal Medicine Natural Remedies: 150 Herbal Remedies To Heal Common Ailments



## Synopsis

Everyday ailments. Herbal remedies. Your complete resource to start feeling better, naturally. When a headache, cough, or other common ailment hits, many people turn to over-the-counter medications for relief. But for those who prefer to use herbal medicine, it can be difficult and overwhelming to find an authoritative resource that's also easy to understand. Join natural health author Anne Kennedy as she guides you on a journey towards discovering the right herbal medicine practice for you. Here in her fourth book, the author of *The Portable Essential Oils*, *Essential Oils Natural Remedies*, and *Essential Oils for Beginners*, has created an accessible, all-in-one collection of herbal medicine therapies to use in the comfort of your own home. *Herbal Medicine Natural Remedies* offers the most effective natural remedies that can be used to treat common ailments, without the risk of unpleasant or potentially harmful side effects that pharmaceuticals can cause. Inside these pages you'll find:

- 150 HERBAL MEDICINE RECIPES to soothe and heal everyday illnesses and injuries naturally
- 50 OF THE MOST COMMONLY USED HERBS profiled and explained
- EXPERT HERBAL MEDICINE ADVICE on necessary ingredients and tools to set you up for success

With simple organization and clear, concise instruction, *Herbal Medicine Natural Remedies* has you covered no matter what ails you, such as: Allergies, Bee sting, Bronchitis, Canker sore, Chapped lips, Constipation, Dandruff, Diaper rash, Eczema, Fever, Hair loss, Headache, Indigestion, Menopause, Mental Wellness, Poison ivy, Psoriasis, Rheumatoid arthritis, Sore throat, Tendinitis, Weight loss, and more

## Book Information

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## Customer Reviews

ANNE KENNEDY is a writer who specializes in a wide variety of natural health, gardening, and sustainability topics. She has written several books on essential oils and herbal medicine, including *The Portable Essential Oils* (2016), *Essential Oils Natural Remedies* (2015), and *Essential Oils for Beginners* (2013). Self-sufficiency, an active outdoor lifestyle, and a strong focus on the interconnectedness of body, mind, and spirit serve as her inspiration and her cornerstone for healthy living. Anne lives and works from her home on a small organic farm in the mountains of West Virginia. Her favorite essential oil is frankincense.

I love this book's content, the author has gone to great lengths to provide quality content in terms of recipes for herbal remedies. It is written in an easy to understand and follow manner therefore very helpful to a beginner like me. It is put in practical terms how we can utilise what we already have, the plants, leaves and herbs that already surround us. A very handy book full of useful information.

Great information, excellent book!

Very nice book very informative and lots of information

Great.

The only herbal medicine book you'll ever need! Easy to read and put to practice. Great author!

Good reference book

Good Book

This is an excellent, easy to read book filled with 150 natural recipes for various ailments of mind and body, 50 short profiles and cautions on popular herbs, and resources on how to continue your education, and website sources for good bulk herb suppliers. This is not really a book for advanced herbalists, but more for beginners and those who want to own an informative yet concise book on herbal remedies. It's useful to have on hand, and it's perfect for those who are experimenting with infusing different herbal teas. This book is set up as simple as possible, so that it can be read and easily understood and put to practice by teens and older adults alike. If you are a natural DIYer, and you'd like to have more herbal recipes on hand, this is a good source to own. I got these new little

fluorescent stickers to mark pages, and already, many pages have little flags sticking out. There are so many different recipes that I want to make, and there is enough info here to satiate your urge to create a comprehensive natural first aid. This book is not overly detailed, and it's limited in the amount of herbs it covers. However, it's a pleasure to read and to look at the different pictures of the herbs. The author, Anne Kennedy, has written several popular and successful books that have proven her depth of knowledge of natural living, herbal medicine, tinctures, teas, aromatherapy, essential oil remedies & uses... she knows her stuff and it's more than clear. I must also add that the cover of this book is beautiful. The layout, the colors, the fonts, the design.. it's all very captivating and I think it's the perfect cover for a really good, natural home pharmacy in a book. I absolutely recommend "Herbal Medicine: Natural Remedies" to everyone, except advanced herbalists and those who are very experienced and knowledgeable about different herbs, DIY recipes, and herbal remedies. For those people, this may be a bit too simplified. But for everyone else, this is really cool, fascinating stuff that is very correct in its information.

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