



Earth Mother Herbal

Shatoiya De La Tour, Richard De La Tour

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Comforting, warm and wise, Earth Mother Herbal is a quirky, friendly look at herbal remedies for women who love plants. This book is a useful guide to harnessing the powers of herbs in a wide range of home remedies, healing balms, and wonderfully scented lotions. Unlike many herbal remedy books, this one focuses on the plants themselves, combining herb folklore and wisdom with practical information. Earth Mother Herbal is for people who choose natural remedies because they believe that nature provides a solution to every problem and that by paying attention to the earth's rhythms we can achieve balance, wellness, and happiness.

In Earth Mother Herbal, you'll learn: How to connect with the earth through the herb garden Easy herb gardening tips and techniques Time-saving methods for basic herbal teas, vinegars, and infusions How to create fun herbal goodies like sleep pillows, pesto, potpourri, and healing baths The 40 most important healing herbs and how to grow and use them

In addition, Earth Mother Herbal offers tips on the seasonal uses of herbs, cooking with herbs, and how to dry herbs, Useful for both gardeners and non-gardeners alike, Earth Mother Herbal is the wise woman's source for information on nature's miracle plants.

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