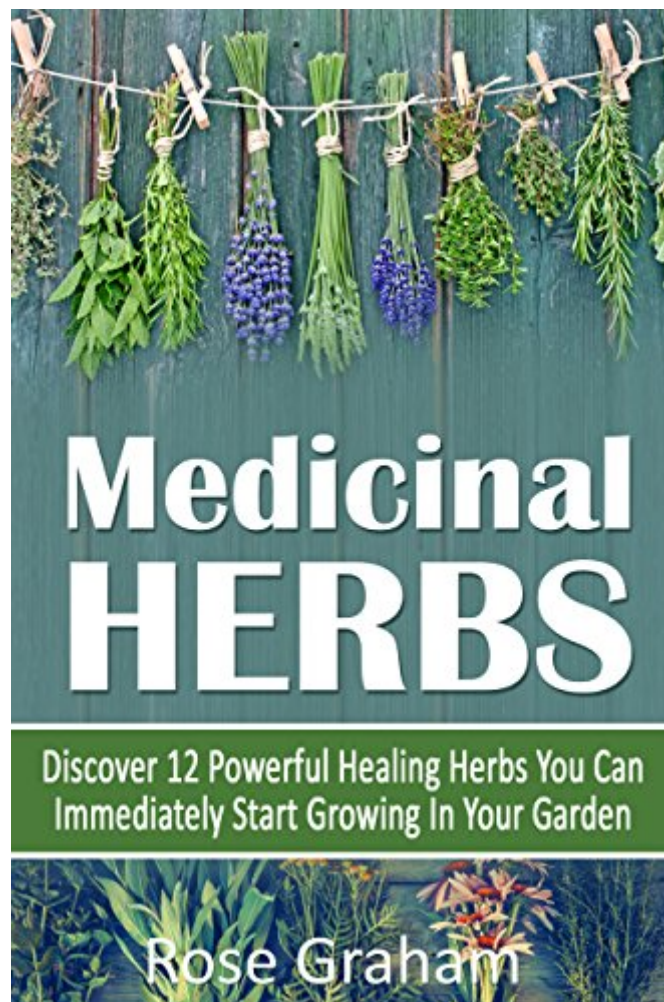


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# Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Healing Herbs, Growing Herbs)





## Synopsis

Discover 12 Healing Herbs You Can Grow in Your Own Herb Garden Find out how growing herbs provides you with effective and safe alternative medicine your doctor never told you about! Hurry! For a limited time you can download "Medicinal Herbs: Discover 12 Powerful Herbal Remedies You Can Immediately Start Growing In Your Garden" for a special discounted price. Download your copy right now! Simply scroll to the top of this page and click the Buy now button. Why should you do medicinal herb gardening? In developing countries where pharmaceutical treatments are either unavailable or unaffordable, herbal remedies remain highly essential to the provision of healthcare. That said, natural healing also continues to rise in popularity in highly-developed nations. This growing interest isn't just due to the rapidly-occurring sociocultural change. Rather, it is because more and more people are recognizing the effectiveness of alternative medicine. This book is all about promoting well-being and empowering the readers in managing their health and their lives. In these pages, you'll learn about 12 different medicinal herbs which you can easily cultivate in your very own garden. Find out about the numerous medicinal benefits of these herbs and learn step by step 49 safe and correct methods of preparing them. You'll discover the healing powers of these 12 medicinal herbs: Yarrow Thyme St. John's Wort Lavender Peppermint Rosemary Comfrey Sage Pot Marigold Stinging Nettle Echinacea Broadleaf Plantain Click on the cover to Look Inside and see all the topics this book offers. Download your copy NOW and profit from the special discounted price, available for a limited time only! Simply scroll to the top of this page and click the Buy now button. You'll be happy you did!

## Book Information

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## Customer Reviews

Medicinal Herbs: Discover 12 Powerful Medicinal Herbs You Can Immediately Start Growing In Your Garden (Herbal Remedies, Alternative Medicine, Natural Medicine, Healing Herbs, Healthy Living) I have to admit; I didn't need another herb book. I have more than I care to admit, and I frequently am reading them between my Alternative Medicine schooling and home treatments for myself, my kids and my pets. But I really like this book. This book is very easy to read and understand. Technical terms and jargon are kept to a minimum, so most anyone can enjoy the benefits of medicinal herbs. The author gives a description of the herbs, which not only includes what the whole plant looks like, but any culinary uses and flavors. There is also a medicinal benefits section for each herb which gives a brief description of the many uses and treatments of each, plus any interesting historical information. There is also a side effects section that lists side effects, any possible interactions or complications. Then she gets into recipes and uses for each. Each chapter is on a different herb, and is short sweet and to the point. I have not checked all facts listed, but have seen nothing that stands out to me as being incorrect. I found a great appreciation for the side effects sections for each herb, as many people get complacent and believe that natural means safe, when for some it is the contrary. All in all, a wonderful book that I would recommend to my friends, and have already sent a link to my sister (who always borrows my herb books and never returns them) to buy this book.

This book lists over eighty popular herbs and how they can help with minor to moderate ailments, including headaches, acne, sleeplessness and chronic pain. Whether you're trying to avoid overmedicating with synthetic drugs and want to grow your own medicinal garden, or are just looking for a few natural remedies for minor discomforts, this is a great starter resource to show you the range of options out there. I really enjoyed reading this book and have started to prepare my own garden to grow some of these wonderful herbs myself. Being a lover of alternative medicine, this book was just what I needed!

This is by far the most comprehensive, and useful herbal book (medicinal) I have come across. It compiles detailed descriptions of the plants, how to grow them and what purposes they can be used for. The book also includes recipes - all of those I've tried have been fantastic. I would recommend this to anyone seeking to begin an herbal or holistic lifestyle.

This book is all about promoting well-being and empowering the readers in managing their health and their lives. You'll learn about 12 different medicinal herbs which you can easily cultivate in your very own garden. Find out about the numerous medicinal benefits of these herbs and learn step by step 49 safe and correct methods of preparing them.

After reading this book I found this book very helpful. I am running my clinic now a days and I need herbal in my some medicines. After reading this book I got so much ideas that how can I grow herbs in my garden. Also the ideas using herbs in medicines and use of these herbs believe me is a magic. Herbs are useful also for our skin. I got so much benefits from this book. Thank you author for this great help.

Medicinal herbs now a days are getting really popular. I guess at this time a lot of people now seeks natural way of healing. The book gave me an overview of what medicinal herbs can do and how to use it in the right way. I do believe that it is much cheaper compared to hospital medicines and I think it is also effective with the right usage.

This is by far the most comprehensive, and useful herbal book (medicinal) I have come across. It compiles detailed descriptions of the plants, where to find them, which parts to use, what purposes they can be used for, along with photos. The book also includes recipes - all of those I've tried have been fantastic. I would recommend this to anyone seeking to begin an herbal or holistic lifestyle.

This is an excellent guide to medicinal herbs which are very common. These herbs are easy to find in many places, and they are useful for all people. The book contains brief descriptions of herbs and a few simple recipes for each of them. No spare information. I really like this guide because it is really useful!

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