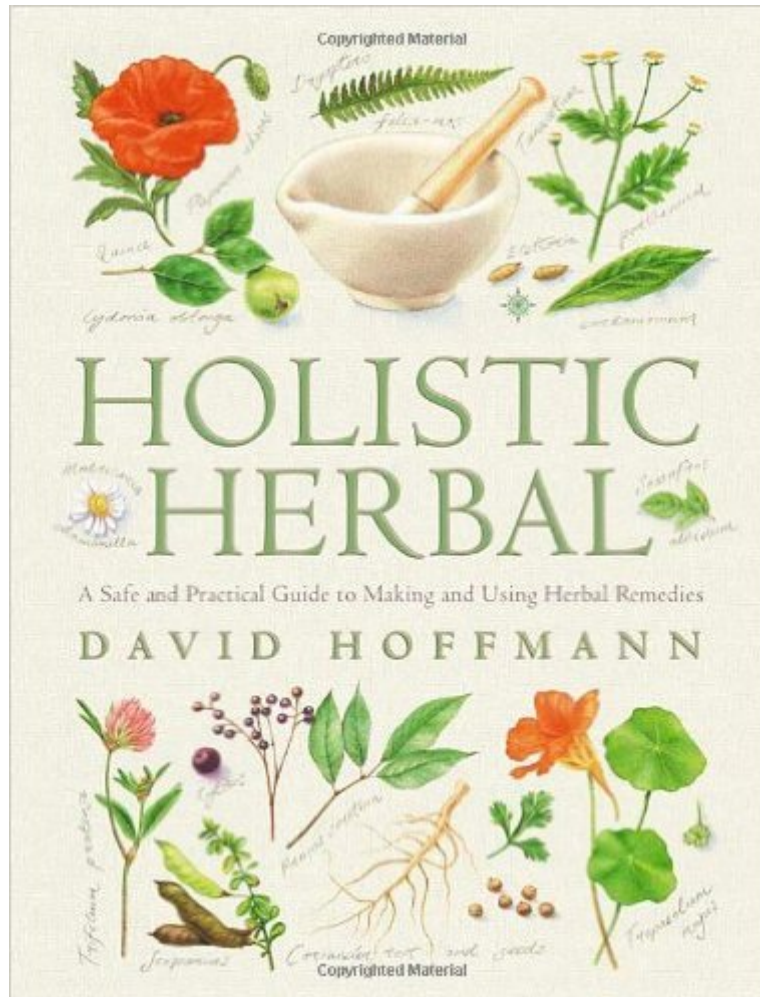


The book was found

Holistic Herbal: A Safe And Practical Guide To Making And Using Herbal Remedies



Synopsis

This book is the essential reference for anyone interested in growing, gathering, preparing, using and taking herbs for improving and maintaining health.

Book Information

Paperback: 288 pages

Publisher: Thorsons; New Ed edition (January 25, 2003)

Language: English

ISBN-10: 0007145411

ISBN-13: 978-0007145416

Product Dimensions: 7.5 x 0.7 x 9.7 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (36 customer reviews)

Best Sellers Rank: #103,542 in Books (See Top 100 in Books) #140 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #234 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #4083 inÂ Books > Religion & Spirituality > New Age & Spirituality

Customer Reviews

This is a comprehensive, authoritative, illustrated guide to herbs. Beautifully illustrated, each oversized page has two herbs per page that includes, the plant family name, common name, a paragraph describing it's benefits, part used, collection, constituents, actions and preparation and dosage. In this informative book you will find the internal and external uses of herbs. There are over 300 illustrated pictures and an A-Z listing of over 200 herbs. There is a section that explains the systems of the body and some common ailments. Included here you will find which herbs work best to heal the ailment. Many of these herbs have been used by cultures for centuries for prevention of disease by drinking certain tonics or teas to help the various systems of the body. If you are interested in alternative medicine for well-being than this book is for you. There are many things you can take besides a little pill to cure your ills, try some natural medicine. This book is recommended for the beginner as well the seasoned herb practitioner.

When working toward my degree as a Natural Health Consultant, David Hoffman was one of the authors of my myriads of textbooks. While this particular book is a newer edition than the one I have in my personal library from my college DAZE :) , I purchased it for a friend who also loves holistic/natural remedies and keeps borrowing my book. Decided to get her one for her own library

for her birthday. I know she is going to love it. Filled with bright, colorful pictures of plants, herbs, how-to's, easy to follow instructions, recipes, explanations, etc. Maybe NOT the book for the beginner, but soon to follow the die-hard holistic interest.

I tried very hard to make sure I was purchasing a version of this book with full color photos...sadly this one is black and white...arghh!

This book would be appropriate for either the beginner or a more experienced herbalist. Very well written and easy to understand instructions on safely making herbal remedies. A very welcome addition to my herbal library.

Does an excellent job of covering basic herbs, preparations, and treatments. Wish it covered some other herbs but for me a beginner it is great. The only drawback is that the pictures are in black and white, color would make the herbs easier to identify.

I find this book very helpful in the research of herbal studies. I am a student and appreciate the work that has gone into a book of this type making it much easier to find the pertinent information on the herb that I am researching. I can see that I will continue to get a lot of good use from this book.

I've been interested in herbs for years, but was limited in my knowledge. This is a great book to start with. Definitely recommend it to those who are looking for a book to get a basics of herbs and how to use them.

This is a MUST have for every person interested in herbs, and for every herbalist. It covers everything and it is written in a very simple language understandable by the public. I recommend it to everyone!

[Download to continue reading...](#)

Holistic Herbal: A Safe and Practical Guide to Making and Using Herbal Remedies Herbal Antibiotics: 25 Best Herbal Remedies Way To Heal Yourself Faster (Herbal Antibiotics, Herbal Remedies, herbal antibiotics and antivirals) Herbal Remedies: 30 Herbal Recipe Remedies From My Private Collection: Proven Herbal Recipes That Work! (Herbal Recipes Private Collection Book 1) Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs,

Home Remedies) Soap Making: 365 Days of Soap Making (Soap Making, Soap Making Books, Soap Making for Beginners, Soap Making Guide, Soap Making Recipes, Soap Making Supplies): Soap Making Recipes for 365 Days DIY Herbal Gardening - Learn The Benefits Of Planting The Top 5 Medicinal Plants (Herbal Gardening, DIY Herbal Gardening, Medicinal Plants, Herbal Medicines, Herbal Cure) Alternative Medicine Made Easy: How to Use Simple Homemade Remedies to Stay Healthy and Disease-Free (Herbal Remedies, Alternative Medicine, How to Use Herbal Remedies,) Herbal Remedies:The Ultimate Guide to Herbal Healing, Magic, Medicine, Antivirals, Antibiotics,: herbs,Alternative Medicine, Magic, Medicine, Antivirals, ... Oils, Depression Cure, Natural Remedies,) Holistic Relaxation: Erase Anxiety!: Effective Natural Therapies, Stress Management Techniques, Holistic Remedies and Wellness Coaching for Busy People (Anxiety, Mindfulness, Yoga, Relaxation Book 1) Organic Home Remedies Vol.2 - The BEST No Prescription Needed Guide to Using Natural Remedies to Cure and Detoxify Your Self (Organic Home Remedies Guide, ... Healing, No Prescription Medicines) Veterinarians Guide to Natural Remedies for Dogs: Safe and Effective Alternative Treatments and Healing Techniques from the Nations Top Holistic Veterinarians Build a Survival Safe Home: The Latest Guide for Building Safe and Warm Wilderness Shelters (Survival Safe Home, Survival shelter, Survival shelter books) 21 Home Remedies Exercises and Natural Cures for TMJ Treatment: Holistic Home remedies and natural cures for treatment of Temporomandibular Joint (TMJ) pain and its allied symptoms. Herbs to Relieve Headaches: Safe, Effective Herbal Remedies for Every Type of Headache (Good Herb Guide Series) Natural Relief from Headaches, Insomnia & Stress: Safe, Effective Herbal Remedies Prescription for Herbal Healing, 2nd Edition: An Easy-to-Use A-to-Z Reference to Hundreds of Common Disorders and Their Herbal Remedies Natural Remedies For Colds And Flu: How To Boost Your Immune System, Protect Yourself Naturally and Prevent Colds and Influenza with Herbal Remedies and Easy Lifestyle Changes The Edgar Cayce Remedies: A Practical, Holistic Approach to Arthritis, Gastric Disorder, Stress, Allergies, Colds, and Much More The Better Bladder Book: A Holistic Approach to Healing Interstitial Cystitis & Chronic Pelvic Pain[THE BETTER BLADDER BOOK: A HOLISTIC APPROACH TO HEALING INTERSTITIAL CYSTITIS & CHRONIC PELVIC PAIN] by Cohan, Wendy (Author) on Nov-09-2010 Paperback Critical Care Nursing: A Holistic Approach (Critical Care Nursing: A Holistic Approach (Hudak))

[Dmca](#)