



Medicinal Herbs For Beginners: 25 Best Healing Herbs to Know and Use As Herbal Remedies for Health and Healing

Lauren Gray

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Have you been contemplating the use of herbs to bring about a healthier, more balanced life for yourself and those that you care about? At first glance it can be a little intimidating figuring out which medicinal herbs are good choices to start with, what their healing benefits are and if you would be able to grow them on your own. With this book, we take much of that guesswork out of the way for you.

Here we have provided the top Twenty Five best medicinal herbs for your herbal pharmacy. Far more than just a quick reference list of the names of herbs, you will find a little bit of history about the plants as well as advice for growing conditions, how to best use them to take full advantage of their medicinal qualities and healing recipe for each of them to get you started on the right foot.

Becoming involved with medicinal herbs is rewarding and beautiful. The peace of mind that comes with knowing what you are putting in your body and that you took part in the growth and preparation of the remedy is a feeling that the word “satisfaction” alone cannot describe. Whether you are starting from scratch, or already have some knowledge regarding medicinal herbs, we are sure that you will find this book rich with inspiration and ideas. Best of luck to you as you venture forth creating your own herbal pharmacy.?

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