



Nature s Remedies: An Illustrated Guide to Healing Herbs (Hardback)

By Jean Willoughby

CHRONICLE BOOKS, United States, 2016. Hardback. Condition: New. Katie Shelly (illustrator). Language: English . Brand New Book. Throughout history, herbs have been used medicinally to promote healing and vitality. Think chamomile for enhanced sleep, milk thistle for detox and elderberry for an immunity boost. Today, herbal remedies are more popular than ever, celebrated not just for their effectiveness but also as all-natural and affordable. This beginner-friendly guide welcomes a new generation to the trusted tradition. Engagingly written for a wide audience of homemakers, nature lovers and fans of organic living, it presents richly detailed profiles of more than 65 herbs, including historical overviews, usages, how-to tips and beautiful watercolour illustrations-all in a gift-worthy, hardcover package.



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