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FOR Vibrant Health

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and other Natural Remedies for the Entire Family

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Gladstar's Medicinal Herbs: A Beginner's Guide Rosemary Gladstar,2012-04-30 In this bestselling book from Rosemary Gladstar the godmother of modern herbalism learn how to grow harvest prepare and use the 33 most common and versatile healing plants Craft a soothing aloe lotion after an encounter with poison ivy make a dandelion burdock tincture to fix sluggish digestion and brew up some lavender lemon balm tea to ease a stressful day In this introductory guide Rosemary Gladstar shows you how easy it can be to make your own herbal remedies for life's common ailments Gladstar profiles 33 common healing plants and includes advice on growing harvesting preparing and using herbs in healing tinctures oils and creams Stock your medicine cabinet full of all natural low cost herbal preparations *Herbs for Common Ailments*

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