



# Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide

*Rosemary Gladstar*

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## **Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide** Rosemary Gladstar

With Rosemary Gladstar's expert advice, you can easily make your own herbal remedies for a wide range of common ailments, such as fire cider for preventing colds and flu, aloe lotion for poison ivy, dandelion-burdock tincture for sluggish digestion, and lavender-lemon balm tea for stress relief. Gladstar profiles 33 of the most common and versatile healing plants and then shows you how to grow, harvest, prepare, and use them. Stock your home medicine chest with safe, all-natural, low-cost herbal preparations, and enjoy better health!

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