

The Woman's Book of Healing Herbs: Healing Teas, Tonics, Supplements, and Formulas

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Abstrak

A comprehensive and accessible guide to nature's affordable pharmacy and organic beauty aids written by and for women only Over the last few years, the popularity of herbal healing has grown at an exponential rate -- and it just keeps growing. How can you keep up with all of the newest herbs, the latest advice, and the most effective doses? The Woman's Book of Healing Herbs is your guide to the wealth of herbal information available today It focuses on women's most pressing health concerns -- everything from hot flashes and menstrual cramps to pregnancy endometriosis, yeast infections, and more. Starting with a look at herbal healers of the past, this information, easy-to-use book makes the hottest scientific information accessible. The Woman's Book of Healing Herbs presents at-a-glance, one-page profiles of the herbs most often recommended for improving women's health, complete with four-color photos and illustrations. It offers step-by-step instructions for making your own herbal medicines, explores the deep relaxation power of aromatherapy, and includes a mini-encyclopedia of herbal prescriptions for 80 individual health problems, arranged from A to Z, with a special emphasis on "herbal gynecology." You'll even learn how to duplicate high-priced herbal spa remedies right at home and use nature's botanicals to help you look and feel your best at all times!