



The Herbal Handbook for Home and Health: 501 Recipes for Healthy Living, Green Cleaning, and Natural Beauty

Pip Waller

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Kitchen pharmacy meets green cleaning and natural beauty in this comprehensive handbook of 501 recipes that harness the power of plants to enhance wellness and toxin-free living. Expert herbalist Pip Waller provides a wealth of information about growing, collecting, preserving, and preparing herbs for a variety of purposes--from cleaning products, to food and drink, medicines, beauty products, and more. Attractive and easy to use, *The Herbal Handbook for Home and Health* includes growing tips and profiles of herbs, guidelines for setting up an herbalist's kitchen, and techniques to make everything from tinctures to tonics. A valuable resource for anyone affected by allergies or sensitivities, this compendium is handsomely produced with two-color printing throughout and more than three hundred striking illustrations.

The *Handbook* includes contributions from herbalists from around the world and encompasses recipes that range from very simple to more complex. Seasoned herbalists as well as those just beginning to explore the world of herbs will find something to start their own nontoxic, non-allergenic domestic revolution.

The book includes:

- A history of herbal lore
- The herbalist's kitchen--equipment and procedures for harnessing the power of plants
- Green cleaning products (from floor wax to stain removers)
- Herbal pharmacy (from throat lozenges to hangover cures)
- Nutritional supplements and detoxes
- First aid (from anti-anxiety drops to bruise ointment)
- For travel (insect repellent to anti-nausea drops)
- Food and drink (breads, butters, wines, teas)
- Beauty and balms (toothpaste to shampoo to lip balm)
- Kitchen Pharmacy
- Food & Drink
- Beauty, Balms & Personal Care

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From reader reviews:

William Pak:

The reason why? Because this The Herbal Handbook for Home and Health: 501 Recipes for Healthy Living, Green Cleaning, and Natural Beauty is an unordinary book that the inside of the e-book waiting for you to snap the idea but latter it will surprise you with the secret that inside. Reading this book alongside it was fantastic author who also write the book in such amazing way makes the content inside easier to understand, entertaining method but still convey the meaning totally. So , it is good for you because of not hesitating having this any longer or you going to regret it. This phenomenal book will give you a lot of advantages than the other book have such as help improving your proficiency and your critical thinking approach. So , still want to delay having that book? If I ended up you I will go to the publication store hurriedly.

Marlene Wiedman:

In this age globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information easier to share. You can find a lot of personal references to get information example: internet, newspapers, book, and soon. You will see that now, a lot of publisher that print many kinds of book. Typically the book that recommended for your requirements is The Herbal Handbook for Home and Health: 501 Recipes for Healthy Living, Green Cleaning, and Natural Beauty this book consist a lot of the information on the condition of this world now. That book was represented just how can the world has grown up. The dialect styles that writer use for explain it is easy to understand. Typically the writer made some investigation when he makes this book. This is why this book suitable all of you.

Laura Dupont:

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