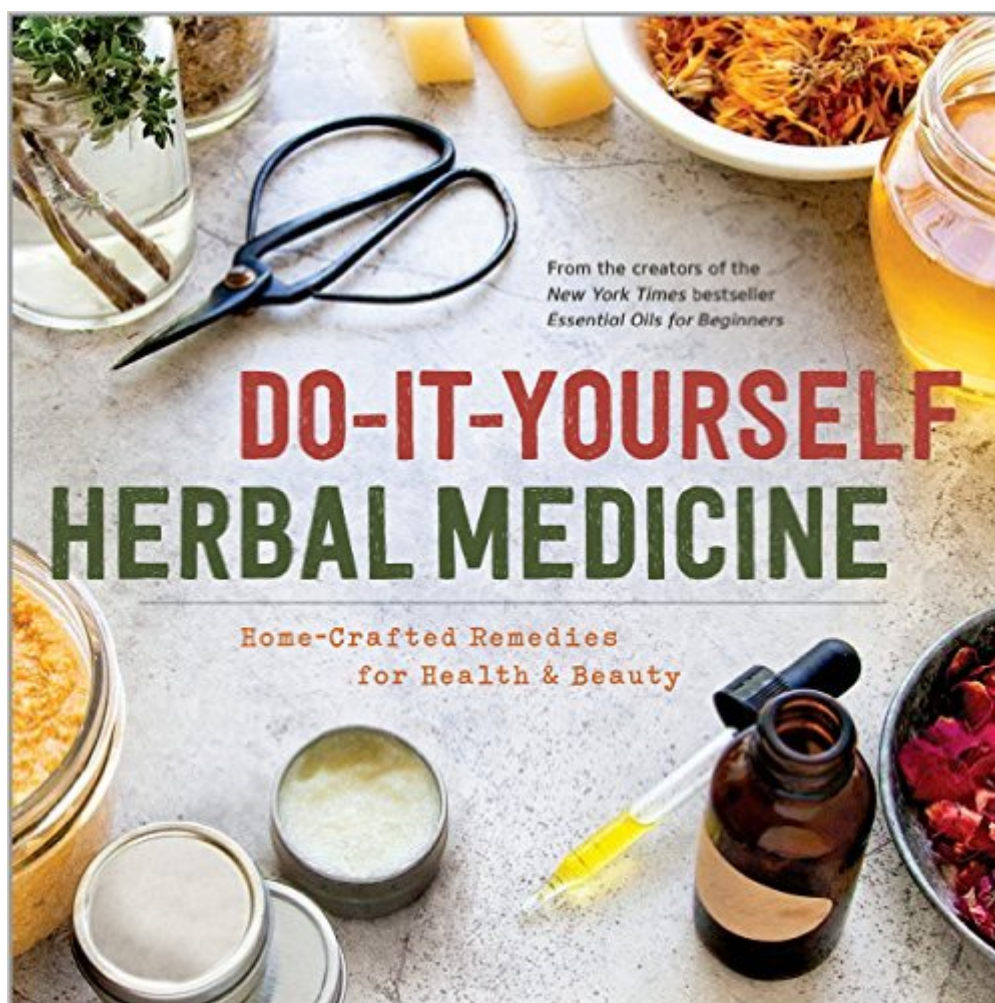


The book was found

Do-It-Yourself Herbal Medicine: Home-Crafted Remedies For Health And Beauty



Synopsis

The Modern Guide to Using Herbs and Essential Oils You don't have to identify with the goddess or Earth Mother labels to get going with holistic treatments for your everyday health needs. If you already buy organic produce, make an effort to eat whole foods, and tend to choose Method products over Windex, it only makes sense that that you'd approach your health, wellness, and beauty regimen with a similarly all-natural approach. Do-It-Yourself Herbal Medicine inspires you to easily and affordably take charge of how you look and feel by sharing simple and fun recipes that use Mason jars, sauce pans, and even your French press in creative ways. In these pages, you'll find: Down-to-earth info on the exploding popularity of essential oils and why they're so effective In-depth profiles of 5 must-have herbs to kick off your herbal medicinal projects, as well as 30 additional herbs to get to know and use Over 200 recipes for face and hair care, body and skin care, intimate care, mental health and wellness, common ailments, home cleaning products, and self-care for the day common occurrences, from a hangover to a Netflix binge watch Improve your health and empower yourself today with these simply, powerful remedies.

Book Information

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Average Customer Review: 4.7 out of 5 stars See all reviews (149 customer reviews)

Best Sellers Rank: #22,793 in Books (See Top 100 in Books) #60 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

Customer Reviews

If you've always wanted to try making your own plant based medicines and products then this book is exactly that Do-It-Yourself Herbal Medicine! The book kept me intrigued from beginning to end. Lots of important information on a variety herbs that can be used to make home remedies and products. There are 5 must have herbs they discuss in depth. Plus 30 more herbs they tell you about. Definitely great if you don't like taking over the counter medications, and want to try going the more natural route. These herbal remedies have been around for centuries, so I don't know why I

never thought to try some of them, because my husband doesn't like taking over the counter meds. I am definitely making some for him. Especially with cold season coming up soon, some of these remedies will come in handy. There are remedies for your inner and outer body! And surprisingly it includes remedies for conditions like allergies, depression, ADHD, and anxiety! It has a lot of recipes for almost anything you can think of! If you have color damaged hair like I do, from having to keep up with my grays!! Be sure to check out the recipe on page 102. Three ingredients are all you need to make this Aloe peppermint hair mask treatment! Or page 100 for chapped lips. You can make a Chamomile lip scrub, with only four ingredients! I am really liking the skin and hair recipes. Some of the recipes are for a one time use, which is great. You make it and then use it. For most of the skin and body recipes it calls for specified essential oils. This is great, I have a stash of them and wasn't really sure what to do with them besides putting them in a diffuser. The book does also briefly talk about essential oils and info on what quality grade oil you may have.

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