



The Gift of Healing Herbs: Plant Medicines and Home Remedies for a Vibrantly Healthy Life

Robin Rose Bennett

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Herbalists, naturopaths, plantspeople, witches, and natural healers will love the empowering information, engaging stories, and heartfelt meditations and rituals of natural herbal medicines in this book. Nominated as a Herbal Book of the Year by the International Herb Association, *The Gift of Healing Herbs* by well-respected urban herbalist Robin Rose Bennett offers readers who want to take charge of their health an immersion into a myriad ways to use plant-based remedies to care for themselves and others on physical, emotional, and spiritual levels.

With more than 180 easy-to-follow recipes informed by the wisdom that physical and spiritual healing are inextricably intertwined, *The Gift of Healing Herbs* explores herbology as the "people's medicine", freely available to all, and as a powerful yet gentle way to heal body, mind, heart, and soul. The book is divided into three parts: the first part examines health and the causes of illness; the second part comprises a reference of all the physical systems of the body and the common and not-so-common herbs for tonifying them; and the third part contains recipes for teas, brews, and instructions for incorporating herbs into our daily lives. The hundreds of recipes for herbal preparations in this book—accompanied by prayers, meditations, and rituals—offer spiritual and physical insights into the relationship between our body systems and the elements, Earth, Air, Fire and Water, thus helping the reader explore and experience the interconnection of all things in the web of life.

Filled with personal stories, case histories, and elements of personal memoir, *The Gift of Healing Herbs* is equal parts inspiration and instruction drawn from the author's life and decades spent teaching and practicing herbal medicine in a spiritual, earth-based, nondogmatic style. The author explores how one's personal story turns into one's embodied physicality and ultimately reveals individual unique paths of healing for each reader.

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Kenneth Williams:

Here thing why that The Gift of Healing Herbs: Plant Medicines and Home Remedies for a Vibrantly Healthy Life are different and trustworthy to be yours. First of all studying a book is good but it depends in the content of it which is the content is as scrumptious as food or not. The Gift of Healing Herbs: Plant Medicines and Home Remedies for a Vibrantly Healthy Life giving you information deeper as different ways, you can find any book out there but there is no guide that similar with The Gift of Healing Herbs: Plant Medicines and Home Remedies for a Vibrantly Healthy Life. It gives you thrill reading through journey, its open up your eyes about the thing which happened in the world which is maybe can be happened around you. You can actually bring everywhere like in recreation area, café, or even in your method home by train. In case you are having difficulties in bringing the published book maybe the form of The Gift of Healing Herbs: Plant Medicines and Home Remedies for a Vibrantly Healthy Life in e-book can be your option.

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Blair Chappell:

A lot of people always spent their very own free time to vacation as well as go to the outside with them family members or their friend. Did you know? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you want to try to find a new activity honestly, that is look different you can read any book. It is really fun for you personally. If you enjoy the book which you read you can spent 24 hours a day to reading a e-book. The book The Gift of Healing Herbs: Plant Medicines and Home Remedies for a Vibrantly Healthy Life it is quite good to read. There are a lot of people who recommended this book. These were enjoying reading this book. In the event you did not have enough space bringing this book you can buy typically the e-book. You can m0ore quickly to read this book through your smart phone. The price is not too expensive but this book possesses high quality.

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Playing with family in a very park, coming to see the coastal world or hanging out with good friends is thing

that usually you could have done when you have spare time, then why you don't try matter that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love The Gift of Healing Herbs: Plant Medicines and Home Remedies for a Vibrantly Healthy Life, you can enjoy both. It is excellent combination right, you still want to miss it? What kind of hang-out type is it? Oh come on its mind hangout people. What? Still don't understand it, oh come on its called reading friends.

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