



The Essential Guide to Home Herbal Remedies: Easy Recipes Using Medicinal Herbs to Treat More Than 125 Conditions from Sunburns to Sore Throats

Melanie Wenzel

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The centuries-old traditions of herbal medicine.

Nature still provides just as many effective remedies today as in times gone by -- quite effective against all sorts of diseases and conditions as well as the unpleasant side effects of modern life, such as stress, exhaustion, and listlessness.

New science has acknowledged the positive properties of many medicinal herbs. This growing interest in medicinal herbs is accompanied by the desire to make simple preparations at home that benefit and address the common conditions and ailments of both men and women. When concerns affect children and teenagers, parents can offer onion packs if their offspring complain of painful ears, because they recognize that many of their grandmother's home cures are exactly that, cures. In fact, all age groups can and do benefit from nature's healing powers without a lot of effort. Throughout this wonderfully comprehensive book the easiest methods and the most popular applications for natural remedies are provided in detail. In the large recipe section there is a suitable recipe for almost any complaint.

Making use of the healing power of plants can be accomplished with little effort by producing home-style "remedies." The 68 recipes address very different types of complaints -- organized for every age and every stage of life. Each remedy includes step-by-step instructions enabling the least experienced reader to make a suitable remedy with confidence -- no prior knowledge required.

For small children, Marjoram Ointment works wonders: by applying a little under a child's sniffly nose, the sneezing will stop quickly. Homemade Ginger Candy will greatly alleviate the effects of morning sickness. Using a natural gargling solution of sage tea, apple cider vinegar and tea tree oil will soothe a tickly, sore and difficult to swallow sore throat.

Recent studies from Europe show that nearly half the population are convinced that herbal remedies work and trust in nature's healing powers. This trend is clearly mirrored here in North America. With this outstanding resource guide dozens and dozens of useful and prescriptive home herbal remedies can be easily created.



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