



The Herbal Home Remedy Book: Simple Recipes for Tinctures, Teas, Salves, Tonics, and Syrups

Joyce A. Wardwell , Deborah Balmuth (Editor)

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Acquire herbal healing wisdom with this guide to gathering, drying, storing, and blending 25 common herbs. Joyce A. Wardwell shows you how to build your own all-natural home medicine cabinet, providing simple recipes for soothing tinctures, salves, tonics, syrups, teas, and lozenges. With gentle, plant-based solutions to ailments ranging from muscle cramps and indigestion to dry skin and sore throats, this comprehensive guide is full of natural remedies that will keep your whole family healthy.

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From Reader Review The Herbal Home Remedy Book: Simple Recipes for Tinctures, Teas, Salves, Tonics, and Syrups for online ebook

Kristin says

It sounds goofy to say this about an herbal medicine book, but I absolutely could not put this one down! I started it at the gym, and I actually EXTENDED my workout to keep reading! How shocking!

Seriously, though, it blends good, practical tips about what herbs to use and how to use them with lifestyle guidance for when to use herbal medicines and how to incorporate them into a healthy diet. Plus, the whole thing is peppered with Native American and folkloric tales about plants, like, "How the Rose Got Her Thorns."

Great read. My fiance is now terrified of the herbal concoctions I'll be attempting to make.

Kim Stroup says

I read this book as part of my Herbal Studies course through Penn Foster. It was fantastic! The author lays everything out in very simple, easy to read steps. She does not expect you to be nor become an "herbal expert" at the end of the book. She does want you to feel comfortable working with some simple herbs and simple recipes by the end of the book.

Very informative without being overwhelming.

Courtney Lake says

A bit more intense on the background of herbalism and less intense on the recipes side. Less than half of the book is actual recipes.

Rachel Maxwell says

Eh. Best part of this book was the folklore she told. The author expected the reader to have a mountain of fresh herbs in their back yard. Not to mention being able to readily identify them. I felt get recipes did not have enough info to convert to dried herbs.
