



## Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family

*By Rosemary Gladstar*

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By Rosemary Gladstar

Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

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### **Editorial Review**

From the Back Cover

Homemade Remedies from Nature's Pharmacy

Soothe your baby's colic, moisturize dry skin, relieve cold symptoms, or simply enjoy a good night's sleep. Renowned herbalist Rosemary Gladstar provides time-tested natural therapies and herbal remedies that are safe, effective, and easy to use. She guides you every step of the way, from the growing and ecological harvesting of herbs to basic preparations and dosage directions. Originally published in hardcover as *Rosemary Gladstar's Family Herbal*, this comprehensive recipe-collection offers a potent prescription for energy, health, and vitality at every stage of life. Nurture yourself and those you love with nature's healing herbs.

About the Author

Drawing on her 40-plus years of studying and teaching about the healing properties of herbs, Rosemary Gladstar is the best-selling author of *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide* and *Rosemary Gladstar's Herbal Remedies for Vibrant Health*. She is a world-renowned educator, activist, and entrepreneur, serving as director of Sage Mountain Herbal Retreat Center, the International Herb Symposium, and the Women's Herbal Conference. Gladstar is founding president of United Plant Savers, a nonprofit organization dedicated to the conservation and preservation of native American herbs. She was the original formulator for Traditional Medicinal Herbal teas and currently leads herbal educational adventures around the world. She lives in East Barre, Vermont.

### **Users Review**

**From reader reviews:**

**Georgia Hernandez:**

Book is to be different for each and every grade. Book for children until finally adult are different content. As we know that book is very important usually. The book Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family has been making you to know about other know-how and of course you can take more information. It is very advantages for you. The publication Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family is not only giving you more new information but also being your friend when you experience bored. You can spend your current spend time to read your guide. Try to make relationship with the book Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family. You never experience lose out for everything in case you read some books.

**William Petterson:**

As people who live in the actual modest era should be update about what going on or information even knowledge to make all of them keep up with the era which can be always change and move ahead. Some of you maybe can update themselves by looking at books. It is a good choice to suit your needs but the problems coming to an individual is you don't know what kind you should start with. This Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family is our recommendation to help you keep up with the world. Why, because this book serves what you want and wish in this era.

**Alan Sarno:**

The book untitled Rosemary Gladstar's Herbal Recipes for Vibrant Health: 175 Teas, Tonics, Oils, Salves, Tinctures, and Other Natural Remedies for the Entire Family contain a lot of information on it. The writer explains your ex idea with easy approach. The language is very straightforward all the people, so do certainly not worry, you can easy to read it. The book was authored by famous author. The author brings you in the new period of literary works. It is possible to read this book because you can continue reading your smart phone, or device, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site along with order it. Have a nice study.

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