



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.

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Georgia Hernandez:

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Alan Sarno:

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