

[PDF] Alchemy Of Herbs: Transform Everyday Ingredients Into Foods And Remedies That Heal

Rosalee De La Forêt - pdf download free book



Books Details:

Title: Alchemy of Herbs: Transform E
Author: Rosalee de la Forêt
Released: 2017-04-04
Language:
Pages: 384
ISBN: 140195006X
ISBN13: 9781401950064
ASIN: 140195006X

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Description:

Did you know there's a powerful herbal medicine chest in your kitchen?

Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for:

Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune

system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . .

Alchemy of Herbs will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that's as simple and inexpensive as cooking dinner.

With the guidance of herbalist **Rosalee de la Forêt**, you'll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family. In addition to offering dozens of inspiring recipes, Rosalee examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics.

Grow your knowledge of healing herbs and spices and start using nature's pharmacy to feed, heal, and nurture your whole family!

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