



The Herb Journal: A Sensory Exploration (Hardback)

By Sheila Luna

Roots and Aerial, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.A creative and sensory notebook in which herbalists at every level of their profession can record their experiences creating and interacting with plant medicine. This comprehensive creative tool includes areas to record energetics and flavor, as well as actions of teas, infusions, decoctions, tinctures, or raw plants. This journal also provides an opportunity for readers to learn how to mix herbs by creating herbal profiles using a unique tasting wheel (which is included). Learn herbal medicine using your senses, in the comfort of your own home or garden.



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Reviews

It is an awesome publication which i actually have ever read through. it had been writtern really properly and valuable. I found out this book from my i and dad recommended this pdf to discover.

-- Doyle Schmeler

This book is definitely not simple to begin on studying but quite fun to see. I actually have read and that i am sure that i will gonna read through yet again once again in the foreseeable future. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Brennan Koelpin