



## Healing Flowers: Practical Ways to Balance the Mind, Body and Spirit (Hardback)

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By Jessica Houdret

Anness Publishing, United Kingdom, 2014. Hardback. Book Condition: New. 204 x 142 mm. Language: English . Brand New Book. This title includes practical ways to balance the mind, body and spirit. It is a fully illustrated guide to therapeutic flowers and their uses, and how to make safe, effective treatments at home. It includes easy-to-prepare remedies to treat everyday ailments ranging from nausea and PMS to insomnia and sore throats. It offers more than 160 photographs that include useful step-by-step sequences that demonstrate how to make flower teas, tinctures and infused oils. It contains a handy A to Z directory of some of nature s most versatile healing plants. All over the world, throughout time, people have found ways to harness the natural healing powers of flowers. This book gives guidance on the harvesting and preparation of flowers, and introduces the reader to their variety of uses, such as tisanes, tinctures and infused oils, as well as flower essences and essential oils. Specific treatments are recommended for everyday complaints such as stress, anxiety, painful periods, headaches, depression, skin problems and insomnia. Finally, an easy-to-use directory introduces the reader to the properties and uses of 60 healing flowers. With 160 photographs,...

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