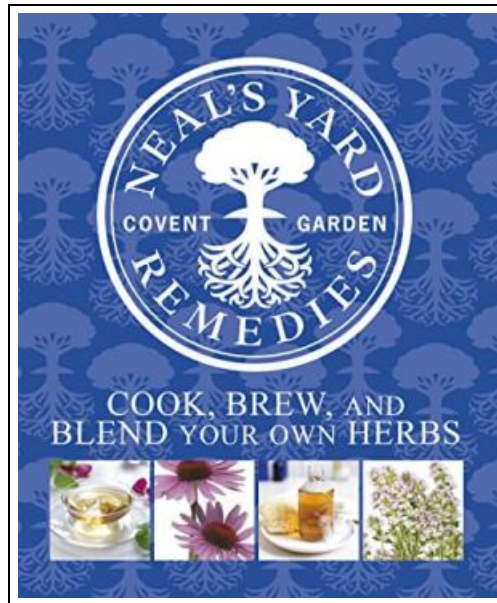


## Neal s Yard Remedies Cook, Brew and Blend Your Own Herbs (Hardback)



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Dorling Kindersley Ltd, United Kingdom, 2011. Hardback. Condition: New. UK ed.. Language: English . Brand New Book. Tap into the healing power of plants and discover how to grow, gather, cook, and blend your own herbs and remedies. From the natural health experts at Neal s Yard Remedies, Cook, Brew Blend Your Own Herbs harnesses the wisdom of traditional herbal medicine, showing how easy it is to grow and use a wide range of safe, effective medicinal herbs at home. Discover how to treat everyday ailments with homemade tinctures and syrups, and how to use food as medicine with delicious, seasonal recipes for herb-based soups, juices, and salads that will calm and heal. Includes an A-Z directory of over 100 herbs with tips on how to source them - whether by growing your own, foraging in the wild or buying from a herbalist. Step-by-steps techniques and illustrations demonstrate how to grow, care for, and use herbs, whether you want to learn how to boost immunity with a smoothie, or make a herbal balm to soothe aching muscles.



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