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Backyard Medicine: Harvest and Make Your Own Herbal Remedies

Julie Bruton-Seal, Matthew Seal

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Nature abounds with forgotten remedies for countless health problems, and alternative medicine and natural healing have reached into every facet of our lives. This book responds to the growing interest in natural medicine and provides a natural way to improve your health, using local plants and herbs in the same way that people have done for centuries around the world. This book provides clear instructions about which plants to harvest to make over 120 recipes for teas, vinegars, oils, creams, pillows, poultices or alcohol-based tinctures.With easy-to-follow recipes for treatment of eczema, cellulite, indigestion, earaches, and many more, this full-color handbook is essential for anyone who wants to harvest and make herbal remedies from wild plants. It will bring you closer to nature, help you and your family feel better, and save you money. This book is as practical as it is beautiful.

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Jose Banks:

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