

Mother Nature's Herbal - Griffin



Step into a world of spiritual rejuvenation and radiant health with the restorative power of herbs.

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$29.99

Sales price without tax \$29.99

Tax amount

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Description

Brimming with herbal folklore, tips for growing and harvesting your own herbs, and over two hundred medicinal and culinary recipes from diverse cultures, Mother Nature's Herbal will become your trusted companion on the path to natural living.

Take a tour of the time-honored traditions and healing practices of cultures past and present, including Native and South American, Mediterranean, East Asian, and others. Create delicious and exotic entrees, brew soothing herbal teas, mix perfumes and salves using flower essences from your backyard garden, prepare elixirs and medicines to treat every ailment—and so much more.

With this wise book on your kitchen shelf, a rich heritage of herb craft and herbal tradition is at your fingertips.

Reviews

There are yet no reviews for this product.