

# The Complete Medicinal Herbal: A Practical Guide to the Healing Properties of Herbs / 280 pages / 2017 / 9781510711570 / Skyhorse Publishing, 2017 / Penelope Ody

The Complete Medicinal Herbal book. Read 28 reviews from the world's largest community for readers. Elaborating on the healing powers of herbs, this guide...Â Elaborating on the healing powers of herbs, this guide demonstrates the best methods to extract healing properties and includes an A-to-Z portfolio of more than 120 medicinal herbs. 35,000 first printing. Get A Copy. 12. Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use by Rosemary Gladstar "A hands-on book for readers who want to make their own remedies, includes information on growing, harvesting, making herbal preparations, and using 33 common healing plants. The Book of Herbal Wisdom by Herbal Academy Educator Matthew Wood. 13. Opening Our Wild Hearts to the Healing Herbs by Gail Faith Edwards (B) "Lovely profiles of the cultivation, harvest, and uses of 113 herbs and trees written in the author's warm, wise woman style." 15. Practical Herbs by Henriette Kress (B) "This Finnish herbalist writes about 23 plants found in her home region (and throughout the world), how to cultivate and harvest them, and how to make herbal preparations. Complete Medicinal Herbal is a fully illustrated practical guide to the healing properties of herbs. The book includes more than 120 medicinal herbs with important therapeutic properties and a section on their historical uses, The Complete Medicinal Herbal is a must for every home book shelf. All the parts of the plants that can be used medicinally are shown, from fresh flower petals or leaves to the root, bark, and juice. Each entry details the plant's chemical constituents, its actions, and its therapeutic applications from exotic ma huang, used in China to treat asthma for 5,000 years,