

the little herb encyclopedia pdf

the little herb encyclopedia pdf is an invaluable resource for anyone interested in the world of herbs, their uses, and their benefits. This comprehensive guide provides detailed information on a wide variety of herbs, covering everything from culinary applications to medicinal properties. The little herb encyclopedia pdf serves as an accessible reference for herbal enthusiasts, gardeners, chefs, and health professionals alike. With its easy-to-navigate format and extensive content, readers can quickly find information about specific herbs, including their history, cultivation tips, and practical uses. Whether seeking natural remedies or flavor enhancements, this encyclopedia is a trusted tool. The following article will explore the features of the little herb encyclopedia pdf, the types of herbs covered, its benefits, and how to make the most of this digital reference.

- Overview of the Little Herb Encyclopedia PDF
- Key Features and Benefits
- Types of Herbs Included
- Uses and Applications of Herbs
- How to Access and Utilize the PDF

Overview of the Little Herb Encyclopedia PDF

The little herb encyclopedia pdf is a digital compilation that offers an extensive catalog of herbs, detailing their botanical characteristics, traditional uses, and practical applications. Designed to be user-friendly, the encyclopedia organizes information in a systematic way, allowing readers to easily identify and learn about various herbs. Its format includes descriptive entries, scientific names, and sometimes illustrations or photographs to aid recognition. This resource is particularly useful for those who prefer a portable, searchable, and comprehensive herbal reference without the bulk of printed books.

Purpose and Audience

This encyclopedia aims to serve a broad audience ranging from novice herb gardeners to seasoned herbalists. By providing clear and authoritative information, the little herb encyclopedia pdf helps users understand how to incorporate herbs into daily life for culinary, medicinal, and wellness purposes. It also supports educational initiatives by offering reliable data that can be referenced in academic or professional settings.

Content Structure

The content within the little herb encyclopedia pdf is typically organized alphabetically or by herb categories such as culinary, medicinal, aromatic,

and ornamental. Each entry includes the herb's common and scientific names, description, habitat, growing conditions, and uses. Some editions may also include safety notes and dosage recommendations for medicinal herbs, ensuring safe and effective application.

Key Features and Benefits

The little herb encyclopedia pdf stands out due to its accessibility, comprehensiveness, and practicality. As a downloadable and printable file, it offers convenience for users who wish to access herbal information offline. The digital nature also allows for easy updates and expansions, keeping the information current with the latest herbal research and trends.

Comprehensive Herbal Profiles

Each herb profile within the encyclopedia provides detailed descriptions that cover botanical details, historical significance, and cultural uses. This depth of information equips readers with a thorough understanding of each herb's role across different contexts and traditions.

Practical Guidance

Beyond descriptions, the little herb encyclopedia pdf often includes practical advice for cultivation, harvesting, and preparation methods. This guidance supports users in growing their own herbs or selecting quality herbs for culinary and therapeutic use.

User-Friendly Format

The PDF format ensures that the encyclopedia is easy to search, print, and share. Users can quickly jump to specific herbs or topics without flipping through physical pages. The organized layout and clear headings enhance readability and user experience.

Types of Herbs Included

The little herb encyclopedia pdf encompasses a wide range of herbs, covering various categories that cater to different interests and needs. This diversity makes it a versatile reference for multiple purposes.

Culinary Herbs

Culinary herbs such as basil, thyme, rosemary, and oregano are extensively covered, with information on flavor profiles, best culinary uses, and pairing suggestions. This section benefits chefs, home cooks, and food enthusiasts seeking to enhance their dishes naturally.

Medicinal Herbs

Medicinal herbs like echinacea, chamomile, and peppermint are detailed with their therapeutic properties, traditional remedies, and preparation methods. The encyclopedia also highlights safety considerations and contraindications where applicable.

Aromatic and Ornamental Herbs

Herbs used primarily for their fragrance or ornamental value, including lavender and lemon balm, are also included. Descriptions focus on cultivation tips, aroma characteristics, and uses in aromatherapy or decoration.

Rare and Exotic Herbs

The little herb encyclopedia pdf often features less common or region-specific herbs, offering insights into their unique properties and cultural importance. This inclusion broadens the reader's herbal knowledge beyond mainstream varieties.

Uses and Applications of Herbs

Herbs have a wide range of applications, many of which are detailed in the little herb encyclopedia pdf. Understanding these uses enhances the practical value of the encyclopedia for users.

Culinary Uses

Herbs add flavor, color, and nutritional benefits to food. The encyclopedia outlines how to use fresh and dried herbs in cooking, preservation techniques, and recipes that highlight herbal ingredients.

Medicinal and Therapeutic Uses

Many herbs possess healing qualities that have been utilized in traditional medicine for centuries. The little herb encyclopedia pdf explains the active compounds, preparation methods such as teas, tinctures, and salves, and the conditions each herb may help alleviate.

Gardening and Cultivation

Information on how to grow and maintain herbs is crucial for gardeners. The encyclopedia provides planting guidelines, soil preferences, watering needs, and pest control strategies to ensure healthy herb growth.

Cosmetic and Aromatherapy Uses

Herbs are often used in skincare products and aromatherapy. The encyclopedia

discusses how to extract essential oils, create herbal infusions, and incorporate herbs into beauty routines.

How to Access and Utilize the PDF

Obtaining and effectively using the little herb encyclopedia pdf involves understanding its sources and features to maximize its benefits.

Availability and Downloading

The little herb encyclopedia pdf is commonly available through reputable herbal websites, educational platforms, or publishers specializing in botanical references. Users should seek versions that are well-reviewed and authored by credible experts to ensure accuracy.

Navigation and Search Tips

To efficiently use the PDF, users can take advantage of search functions to find specific herbs or topics quickly. Bookmarks and a well-structured table of contents within the file enhance navigation.

Printing and Reference Use

For those preferring physical copies, the PDF can be printed selectively or in full. It serves as a handy reference for kitchen counters, gardens, or professional settings where quick access to herbal information is needed.

Incorporating the Encyclopedia into Learning

The little herb encyclopedia pdf is also a useful tool for educational purposes. It can supplement coursework, support research projects, or enhance personal study in herbalism and related fields.

- Extensive herb descriptions with botanical and practical details
- Clear guidance on cultivation, harvesting, and preparation
- Categorization of herbs by use and type for easy reference
- Practical applications in culinary, medicinal, cosmetic, and gardening contexts
- Digital format allowing portability and ease of use

Frequently Asked Questions

Where can I download 'The Little Herb Encyclopedia' PDF legally?

You can download 'The Little Herb Encyclopedia' PDF legally from official websites of the publisher or authorized ebook platforms that offer it for sale or free distribution with permission.

What topics are covered in 'The Little Herb Encyclopedia' PDF?

The book covers a wide range of herbs, their uses, medicinal properties, growing tips, and recipes for herbal remedies.

Is 'The Little Herb Encyclopedia' PDF suitable for beginners in herbalism?

Yes, it is designed to be accessible for beginners, providing clear information on various herbs and how to use them safely.

Can I print 'The Little Herb Encyclopedia' PDF for personal use?

If you have legally obtained the PDF, printing it for personal use is generally allowed, but always check the copyright terms associated with your copy.

Are there any updated editions of 'The Little Herb Encyclopedia' PDF available?

There may be updated editions; it's best to check the publisher's website or major ebook retailers for the latest version of the encyclopedia.

Does 'The Little Herb Encyclopedia' PDF include information on growing herbs indoors?

Yes, the encyclopedia often includes tips on cultivating herbs both indoors and outdoors, including light, soil, and watering requirements.

Is 'The Little Herb Encyclopedia' PDF available for free?

Some versions or excerpts might be available for free legally, but the full, official PDF is typically a paid product to support the authors and publishers.

Additional Resources

1. *The Complete Herb Encyclopedia: A Guide to Growing, Harvesting, and Using Herbs*

This comprehensive guide covers a wide range of herbs, detailing their cultivation, medicinal properties, and culinary uses. It is an excellent resource for both beginners and experienced herbalists. The book includes easy-to-follow instructions and beautiful illustrations to help readers identify and utilize herbs effectively.

2. *Herbs for Health and Healing: A Practical Encyclopedia*

Focusing on the therapeutic benefits of herbs, this book explores natural remedies and holistic health practices. It provides detailed profiles of various herbs, including their history, preparation methods, and contraindications. The book is ideal for those interested in alternative medicine and natural wellness.

3. *The Little Herb Bible: Essential Herbs for Everyday Use*

Perfectly sized for quick reference, this book introduces readers to essential herbs commonly found in kitchens and gardens. It offers practical advice on growing, harvesting, and using herbs in cooking and home remedies. The concise format makes it a handy companion for herb enthusiasts.

4. *Herb Gardening for Beginners: The Ultimate Encyclopedia*

This beginner-friendly guide focuses on cultivating a successful herb garden at home. It covers soil preparation, planting techniques, and pest management, along with detailed herb descriptions. Readers will learn how to create a thriving garden that provides fresh herbs year-round.

5. *The Herbal Medicine-Maker's Handbook: A Complete Guide to Creating Herbal Remedies*

This book is tailored for those interested in making their own herbal tinctures, salves, and teas. It provides step-by-step instructions, safety tips, and recipes for various herbal preparations. The handbook emphasizes sustainable harvesting and ethical use of plant materials.

6. *Encyclopedia of Culinary Herbs: Flavorful Plants for Cooking and Medicine*

Combining culinary and medicinal uses, this encyclopedia highlights herbs that enhance flavor and promote health. It offers detailed descriptions, flavor profiles, and suggestions for incorporation into meals and natural treatments. The book is a valuable resource for chefs and herbalists alike.

7. *The Little Book of Herbal Wisdom: Traditional Remedies and Uses*

Drawing on traditional knowledge, this book presents time-tested herbal remedies from different cultures. It includes folklore, preparation methods, and modern applications of herbs. The accessible language makes it suitable for both novices and experienced practitioners.

8. *Herbs and Their Uses: A Practical Encyclopedia for Home and Garden*

This practical encyclopedia provides a broad overview of herbs and their applications in daily life. It covers culinary, medicinal, and decorative uses, along with tips for growing and storing herbs. The book is designed to help readers integrate herbs into their lifestyle seamlessly.

9. *The Little Herb Encyclopedia for Natural Living*

Focused on promoting a natural lifestyle, this book offers insights into using herbs for wellness, beauty, and household purposes. It includes DIY recipes, herbal profiles, and advice on sourcing and preserving herbs. The concise format makes it an excellent quick-reference guide for eco-conscious

readers.

[The Little Herb Encyclopedia Pdf](#)

The Little Herb Encyclopedia: A Comprehensive Guide to Cultivating, Harvesting, and Using Herbs

This ebook delves into the fascinating world of herbs, exploring their history, cultivation, culinary applications, and medicinal properties. It's a valuable resource for both novice gardeners and experienced herbalists, offering practical guidance and in-depth information to empower readers to harness the power and versatility of herbs. The comprehensive nature of this guide makes it relevant to anyone interested in sustainable living, healthy eating, natural remedies, or simply the beauty and fragrance of herbs in their garden.

"The Little Herb Encyclopedia: A Practical Guide to Growing, Using, and Enjoying Herbs"

Contents:

Introduction: What is an herb? A brief history of herb use, types of herbs, and the benefits of growing your own.

Chapter 1: Understanding Herbs: Botanical classifications, identifying herbs, understanding growing zones and microclimates.

Chapter 2: Cultivating Herbs: Choosing the right location, soil preparation, planting techniques, propagation methods (seeds, cuttings, division).

Chapter 3: Herb Care: Watering, fertilizing, pest and disease control, pruning and harvesting techniques.

Chapter 4: Harvesting and Preserving Herbs: Optimal harvesting times, different preservation methods (drying, freezing, infusing in oil or vinegar).

Chapter 5: Culinary Uses of Herbs: Herb pairings, flavor profiles, using herbs in various cuisines (e.g., Italian, Mexican, Asian). Recipes included.

Chapter 6: Medicinal Uses of Herbs: Disclaimer on self-medication, overview of common medicinal herbs, their properties and uses (with cautions). Consult a physician.

Chapter 7: Creating Herbal Products: Making herbal teas, tinctures, salves, and other natural remedies (with detailed instructions and safety precautions).

Conclusion: Recap of key concepts, encouragement for continued learning and exploration of the herb world. Resources for further research.

Detailed Outline Explanation:

Introduction: This section sets the stage, defining what constitutes an herb and providing a concise history to establish context. It also highlights the advantages of personal herb cultivation.

Chapter 1: Understanding Herbs: This chapter lays the groundwork for successful herb gardening

by explaining botanical classifications, identification techniques, and the importance of understanding environmental factors.

Chapter 2: Cultivating Herbs: This practical chapter guides the reader through the process of establishing an herb garden, covering site selection, soil preparation, and various planting and propagation methods.

Chapter 3: Herb Care: This chapter focuses on the ongoing maintenance of a thriving herb garden, providing advice on watering, feeding, pest control, and pruning techniques.

Chapter 4: Harvesting and Preserving Herbs: This chapter teaches readers how to maximize the lifespan of their herbs by demonstrating optimal harvest times and a range of preservation techniques.

Chapter 5: Culinary Uses of Herbs: This chapter transforms the practical knowledge into delicious creations, guiding readers on using herbs in cooking and including several easy-to-follow recipes.

Chapter 6: Medicinal Uses of Herbs: This section cautiously explores the therapeutic applications of herbs, stressing the importance of professional medical advice and providing information on common medicinal herbs and their properties.

Chapter 7: Creating Herbal Products: This chapter empowers readers to create their own herbal remedies, offering detailed instructions and emphasizing safety precautions.

Conclusion: This section summarizes the key learning points and encourages readers to continue their herbal journey by providing additional resources and pointing to future learning opportunities.

Recent Research & Practical Tips:

Recent research emphasizes the role of herbs in promoting gut health (prebiotics and probiotics), reducing inflammation, and boosting the immune system. This information is incorporated throughout the ebook, especially in chapters 5 and 6. Practical tips include companion planting (e.g., basil repelling pests from tomatoes), using organic fertilizers and pest control methods, and understanding the specific needs of different herb varieties (sunlight, water requirements). The ebook will also cover sustainable gardening practices, reflecting current environmental concerns.

Keywords: Herb encyclopedia PDF, herbal guide, grow herbs, herb gardening, herb cultivation, harvesting herbs, preserving herbs, culinary herbs, medicinal herbs, herbal remedies, herbal teas, herb recipes, herb gardening tips, organic herbs, sustainable gardening, companion planting, pest control herbs, herb identification, growing herbs indoors, DIY herbal products.

Frequently Asked Questions (FAQs):

1. What types of herbs are covered in the encyclopedia? The encyclopedia covers a wide range of herbs, including culinary herbs (basil, rosemary, thyme, oregano), medicinal herbs (chamomile, lavender, echinacea), and other fragrant and decorative herbs.
2. Is this ebook suitable for beginners? Yes, the ebook is written with both beginners and experienced gardeners in mind. Clear instructions and explanations are provided throughout.
3. What are the different preservation methods discussed? The ebook covers drying, freezing, infusing in oil or vinegar, and making herbal powders.
4. Does the ebook include recipes? Yes, Chapter 5 includes various recipes showcasing the culinary uses of different herbs.

5. Are there any precautions mentioned regarding the medicinal use of herbs? Yes, the ebook emphasizes consulting a healthcare professional before using herbs for medicinal purposes and provides information on potential drug interactions and contraindications.
6. Can I grow herbs indoors? Yes, the ebook provides guidance on growing herbs indoors, including selecting suitable varieties and lighting requirements.
7. What kind of soil is best for herb gardening? The ebook recommends well-draining soil rich in organic matter.
8. How often should I water my herbs? The watering frequency depends on the type of herb and weather conditions. The ebook provides specific watering guidelines.
9. Where can I find additional resources for learning about herbs? The conclusion of the ebook includes links and suggestions for further research and learning.

Related Articles:

1. The Best Herbs for Beginners: This article provides a list of easy-to-grow herbs perfect for novice gardeners.
2. Creating a Thriving Herb Garden on a Balcony: This article offers tips and tricks for growing herbs in small spaces.
3. Natural Pest Control for Your Herb Garden: This article discusses organic methods for protecting herbs from pests and diseases.
4. Preserving Herbs: A Step-by-Step Guide: This article provides detailed instructions on different herb preservation techniques.
5. The Ultimate Guide to Culinary Herb Pairings: This article explores the art of combining herbs to create delicious flavors.
6. Medicinal Herbs: Benefits and Cautions: This article explores the therapeutic uses of herbs while emphasizing safety precautions.
7. DIY Herbal Tea Recipes for Every Occasion: This article provides a range of herbal tea recipes for various health benefits.
8. Making Herbal Salves and Ointments: This article guides readers through the process of creating herbal topical remedies.
9. The History and Cultural Significance of Herbs: This article delves into the rich history and traditions surrounding herbs.

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the little herb encyclopedia pdf: *The Little Herb Encyclopedia, 4th Edition* Jack Ritchason N.D., 2015-06-01 The recent herbal popularity is not a new fad, but merely a renewal of ancient medicinal healing methods that have been used for centuries. Herbs are some of the oldest medicines in the world. The correct usage of the wide variety of herbs has often required extensive research. The Little Herb Encyclopedia (fourth edition) ends the debate over how to use herbs. It includes a thorough list of the most common and beneficial herbs and widely acclaimed herbal combinations. This book is a ready reference that makes herbal health easy. In addition, it includes a list of the most prevalent health problems and their most effective herbal remedies. Take the

difficulty out of herbal health and find the answers to your most common herbal questions with The Little Herb Encyclopedia.

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the little herb encyclopedia pdf: *The Encyclopedia of Herbs* Thomas DeBaggio, Arthur O. Tucker, 2009-09-01 This meticulously researched compendium provides every aspect of growing, identifying, harvesting, preserving, and using more than 500 species of herbs. Thorough profiles provide a plant's botanical name and family, whether it is an annual or perennial, its height, hardiness, light requirements, water consumption, required soil type, and pH. The often fascinating history of the plant, the chemistry of its essential oils, and its culinary, landscape, and craft uses are also included, as is advice on how to propagate. For the first edition of their work, both authors received The Gertrude B. Foster Award for Excellence in Herbal Literature from the Herb Society of America. This new edition adds important species and includes updated nomenclature.

the little herb encyclopedia pdf: A Handbook of Native American Herbs Alma R. Hutchens, 1992-11-10 The author of 'the bible on herbalism' returns with a portable guide on North American medicinal herbs—for the professional and amateur herbalist alike Based on the now-classic reference text *Indian Herbalogy of North America*, this illustrated pocket guide is the perfect companion for those eager to expand their knowledge of herbal healing. Through detailed descriptions and illustrations, Alma R. Hutchens walks readers through: • 125 of the most useful medicinal herbs found in North America, and their uses • How to create herbal remedies for common ailments • The herbal traditions of North America and other lands Entries include staples of folk medicine such as echinacea and slippery elm as well as common kitchen herbs—from parsley to thyme to pepper—whose tonic and healing properties are less widely known.

the little herb encyclopedia pdf: Encyclopedia of Medicinal Plants Andrew Chevallier, 2001 This definitive Australian reference guide provides a unique insight into the medicinal actions of herbs, based on the latest scientific research. It contains a comprehensive Australian and New Zealand address list of organisations and practitioners.

the little herb encyclopedia pdf: Natural Remedies Encyclopedia Vance Ferrell, 2010-01-01 This book has the largest collection of drugless, natural, home remedies available anywhere. It provides you with information on more than twice as many diseases (over 730) and far more natural remedies (over 11,000) than any other book. It is urgently needed in your home and will help you for many years to come.

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the little herb encyclopedia pdf: *The Herbal Medicine-Maker's Handbook* James Green, 2000-09-01 THE HERBAL MEDICINE-MAKER'S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling *THE MALE HERBAL*. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is fundamental to every culture on the planet and is accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and

then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life.

the little herb encyclopedia pdf: Ancient Herbs in the J. Paul Getty Museum Gardens Jeanne D'Andrea, 1982-01-01 The Getty Museum building recreates an ancient Roman villa on the shores of the Pacific Ocean, where guests can feel that they are visiting the Villa dei Papiri before it was buried by the eruption of Mount Vesuvius in AD 79. The climate of southern California has made it possible to plant the gardens with dozens of herbs, flowers, and fruit trees known to the Greeks and Romans. In classical times they were practical as well as beautiful, providing color, perfume, home medicines, and flavorings for food and drink. Martha Breen Bredemeyer, a San Francisco Bay area artist, was inspired to paint two dozen of the garden's herbs. Her watercolor gouaches combine vibrant color with the fragile delicacy of these short-lived plants while her pen-and-ink drawings share their wiry grace. Jeanne D'Andrea discusses twenty-one of the herbs in detail after presenting their place in myth, medicine, and home in the introduction.

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information on toxicology and contraindications, the issues involved in determining dosage and formulation types for an individual, guides to the different measurement systems and conversion tables, and the pros and cons of both industrial and traditional techniques. With additional sections devoted to the principles of green medicine, the history of Western Herbalism, the variety of other medical modalities using medicinal plants, an extensive resource directory, and a discussion of treatments organized by body system, Medical Herbalism is the comprehensive textbook all students and practitioners of clinical herbalism need to develop their healing practices.

the little herb encyclopedia pdf: Popular Medicinal Plants in Portland and Kingston, Jamaica Ina Vandebroek, David Picking, 2020-12-05 This book highlights the results from over a year of ethnobotanical research in a rural and an urban community in Jamaica, where we interviewed more than 100 people who use medicinal plants for healthcare. The goal of this research was to better understand patterns of medicinal plant knowledge, and to find out which plants are used in consensus by local people for a variety of illnesses. For this book, we selected 25 popular medicinal plant species mentioned during fieldwork. Through individual interviews, we were able to rank plants according to their frequency of mention, and categorized the medicinal uses for each species as “major” (mentioned by more than 20% of people in a community) or “minor” (mentioned by more than 5%, but less than 20% of people). Botanical identification of plant specimens collected in the wild allowed for cross-linking of common and scientific plant names. To supplement field research, we undertook a comprehensive search and review of the ethnobotanical and biomedical literature. Our book summarizes all this information in detail under specific sub-headings.

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the little herb encyclopedia pdf: Cunningham's Encyclopedia of Magical Herbs Scott Cunningham, 2012-04-08 Expanded and revised, this comprehensive guide features magical uses of over 400 herbs and plants from all parts of the world. With over 500,000 copies in print, this reference book is a must for all who perform natural magic. It features illustrations for easy identification of every herb, in addition to common names, use, and rulership.

the little herb encyclopedia pdf: The Encyclopedia of Herbs and Spices P N Ravindran, 2017-12-28 The Encyclopedia of Herbs and Spices provides comprehensive coverage of the taxonomy, botany, chemistry, functional properties, medicinal uses, culinary uses and safety issues relating to over 250 species of herbs and spices. These herbs and spices constitute an important agricultural commodity; many are traded globally and are indispensable for pharmaceuticals, flavouring foods and beverages, and in the perfumery and cosmetic industries. More recently, they

are increasingly being identified as having high nutraceutical potential and important value in human healthcare. This encyclopedia is an excellent resource for researchers, students, growers and manufacturers, in the fields of horticulture, agriculture, botany, crop sciences, food science and pharmacognosy.

the little herb encyclopedia pdf: The Lost Book of Herbal Remedies Nicole Apelian, Claude Davis, Sr., 2019-07-07 304 color pages, paperback, improved print quality, and a lot more plant identification details This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful relieving extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies.

the little herb encyclopedia pdf: Pocket Guide to Herbal Medicine Karin Kraft, Christopher Hobbs, 2011-01-01 There is an herbal remedy for most ailments - and you will find the most important ones in this concise pocket guide. Co-authored by Karin Kraft, one of the members of the German Commission E, and Christopher Hobbs, a renowned North-American herbalist, this handy pocket guide gives you the decisive facts about important medicinal herbs, taking into consideration both major European monographs (Commission E and ESCOP) and up-to-date clinical trials. The book goes on to inform the reader on the usage of herbal remedies for a number of common indications. The book gives first-hand, easy to access information on the administration of herbal remedies for the medical practitioner and herbal therapist alike. Profit from the wealth of German tradition, extended by North American experience in the usage of herbal medicines.

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