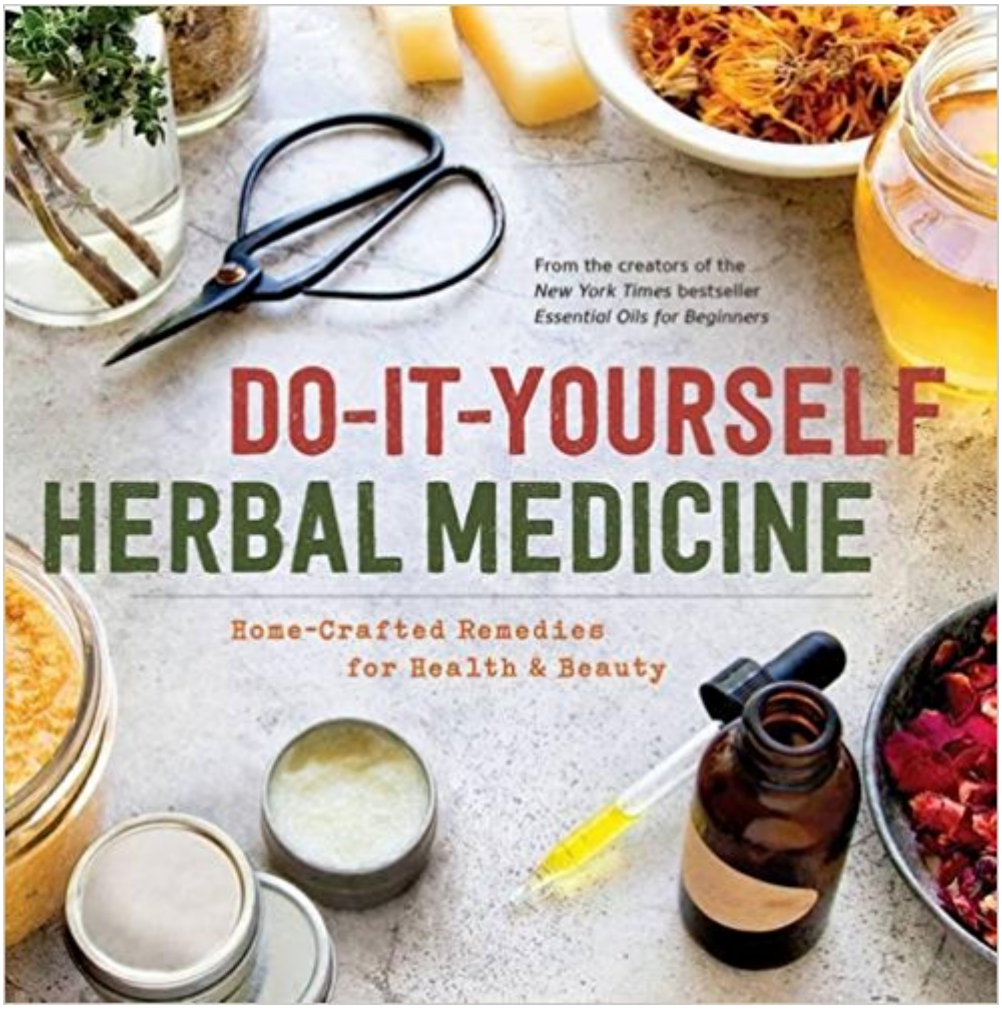
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Do-It-Yourself Herbal Medicine: Home-Crafted Remedies For Health And Beauty



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Synopsis

The Modern Guide to Using Herbs and Essential OilsYou donÃ¢â ¬â„¢t have to identify with the goddess or Earth Mother labels to get going with holistic treatments for your everyday health needs. If you already buy organic produce, make an effort to eat whole foods, and tend to choose Method products over Windex, it only makes sense that that youÃ¢â ¬â„¢d approach your health, wellness, and beauty regimen with a similarly all-natural approach.Do-It-Yourself Herbal Medicine inspires you to easily and affordably take charge of how you look and feel by sharing simple and fun recipes that use Mason jars, sauce pans, and even your French press in creative ways. In these pages, youÃ¢â ¬â„¢ll find:Down-to-earth info on the exploding popularity of essential oils and why theyÃ¢â ¬â„¢re so effectiveIn-depth profiles of 5 must-have herbs to kick off your herbal medicinal projects, as well as 30 additional herbs to get to know and useOver 200 recipes for face and hair care, body and skin care, intimate care, mental health and wellness, common ailments, home cleaning products, and self-care for the day common occurrences, from a hangover to a Netflix binge watchImprove your health and empower yourself today with these simply, powerful remedies.

Book Information

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Customer Reviews

Being a full time student with a full time job and a single mom to a toddler, my hands are always tied. Money is always tight so I sometimes rely on Google for home remedies. Looking into this DIY remedies has been a great tool for me. Having some of these products in my cabinets has been a help so that I can prepare for unexpected events. I have so much piled up in medical expenses that I look back on and realize that some visits were unnecessary. Sure it is safe than sorry, but when

paying so much after insurance for a non-urgent situation...just had to look into at home-remedies to keep my kid and myself healthy. Having certain products such as essential oils and coconut oil and teas has been a benefit for me. I actually feel confident about what I have at home in the event that someone is hurt or sick.Please note that I received this book complimentary, in exchange for my own honest and unbiased review.

I love being able to craft my own home remedies. I think it's fun to do and I love being able to *know* what goes into my remedies. I think it's important to know where your products come from and what the real ingredients are. Do-It-Yourself Herbal Medicine is a great book to help you get started with that. The book goes to explain how herbal medicine helps you. It explains what ingredients you need (what the top 5 are to always have) and the others that you can get slowly over time. They're the ones that go into the majority of your medicines that you create. The book breaks down the different remedies for the different body parts and issues that you may have. If you're interested in creating your own remedies, then this is the book for you!

I adore this book. First just the look and feel of it are so appealing. But also the book itself makes everything approachable. I have other books about herbal remedies and they all feel so onerous in comparison to this one. Here I feel like I can just easily put something together that will help me or perhaps that I can make as holiday presents. I can't easily find all of these ingredients locally so I am waiting for some items to arrive before I start concocting things, but I really picture myself slowly making it through each recipe (okay maybe I don't actually have all the ailments listed, but you know what I mean).I received this book for free in exchange for an unbiased review.

I have been into herbal medicines and remedies for about 3 years now and I still consider my self a beginner! I have a herb garden and everything, but there is still so much that I can learn. This book certainly helps and will be a book that I will use everyday. It is sectioned out great and doesn't bore or get the reader overwhelmed. It is just crammed full of information and has a lot of great recipes for random uses. All of what I find interesting. Especially, the remedy for headaches or fevers. Not only is there one, but, there is 3 remedies. All of which, I have not tried. Not all the remedies have a selection, but it is great to have it. This book also tells you 5 must have herbs, that I found really useful and would be great for anyone that is just learning. It doesn't just cover strictly herbal medicines, but also has recipes for other things like pest control, like fleas to making a laundry detergent. To treating Poison Ivy. So there is much to choose from.If you are a beginner or a pro

and in to herbal remedies, this book is for you. It is one that will not grow dust! I will certainly resort back to it daily. It is so helpful and loaded with information. I am just intrigued by this type of stuff and will never get bored with it and always learn something new. It covers so much. Would recommend.I received this product free to provide my honest and unbiased review

This book is jam packed with tons of information on herbal medicine. There is a lot of great stuff to learn in here. I have always hated taking prescription and over the counter drugs so I really like reading about more natural ways to take care of things. This book has definitely taught me some things just looking over it in the past week. It includes 200 recipes for face and hair care, body and skin care, intimate care, mental health and wellness, common ailments, home cleaning products, and self-care. A lot of the recipes are so easy to make too. They are so much more natural and better for you than drugs filled with harmful chemicals. The book also touches on Aromatherapy which I recently got into. This book pretty much will help heal you from the inside out. I am really excited about it. I did get a bit overwhelmed with information but I think pacing myself with the book will be a good thing. I don’t need to read it from front to back right away because there is tons of information but I truly do enjoy grabbing it and reading through it a little bit at a time. I absolutely love the DIY face, body, skin, and hair product recipes and will be trying many of those out. *I received this book free in exchange for my honest review*

This book is chock full of recipes and formulas from teas to tinctures, scrubs, balms, and infusions of all kinds. Provided are lists of basic and advanced herbs that are helpful for a variety of ailments and conditions. Keep in mind though, that these are mostly not cures or even medicine as i define the term. These are mainly treatments that help you deal with symptoms or help you manage an illness or condition--rather than fix it entirely. Common sense tells us that herbs can’t cure mental illness or end drug addiction--but they can certainly take the edge off.This is a good reference that teaches basics about herbs: from buying and storage to the main ways they can be utilized internally and externally for use on a huge array of conditions. There’s even a *snicker* "Under the underwear" section that addresses menstrual problems, yeast infections, etc. I found this to be a comprehensive resource, even though I think calling all of these things "medicine" is a bit of a stretch.

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