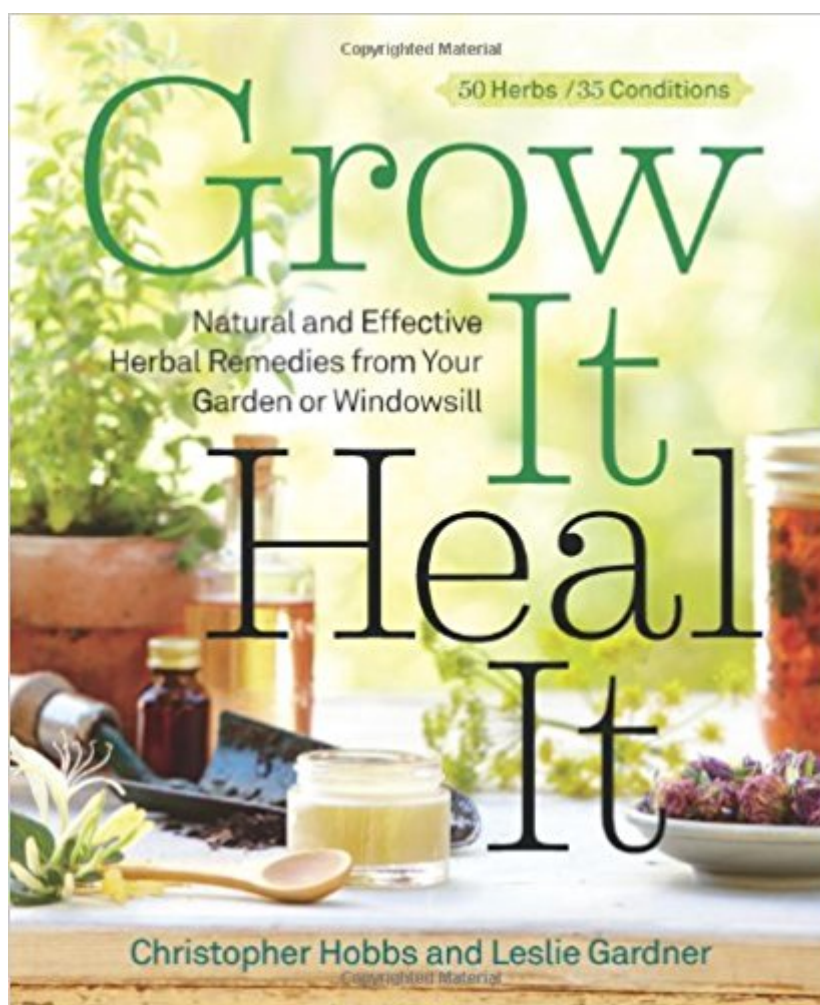


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# Grow It, Heal It: Natural And Effective Herbal Remedies From Your Garden Or Windowsill



## Synopsis

Where there's a symptom, there's also a homegrown cure. With just a windowsill, container, or small space, it's easy to grow an instant herbal remedy. Whether it's a cough, heartburn, joint pain, or neuralgia, readers will discover how easy it is to treat 40 ailments and conditions using herbs and herbal preparations they grow and make themselves. With inspiration found in science, tradition, and modern herbalistic practices, *Grow It, Heal It* - by Christopher Hobbs and Leslie Gardner - touts the healing power of more than 50 herbs - from anise hyssop to yerba mansa. Two of the nation's premiere herbalists share growing, harvesting, and healing advice in this easy-to-use and friendly guidebook for herbal newbies, featuring teas, tinctures, salves, poultices, compresses, and aromatherapy. Among the many benefits of growing do-it-yourself remedies, readers will discover the convenience of preparing healing potions and salves when they're most needed; the advantage of having organic, fresh, and high-quality herbs they've nurtured themselves; and how empowering it is to engage in self-care and why that's important to the healing process. Growing herbs at home allows readers to take an active role in their own health care.

## Book Information

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## Customer Reviews

Christopher Hobbs is a licensed acupuncturist and 4th-generation herbalist with 30 years of experience. He teaches classes on herbal healing at universities and medical schools. Leslie Gardner has a master's degree in herbology, was garden manager at the California School of Herbal Studies (the oldest herb school in America) for 19 years, and has been the Director of the

Sonoma County Herb Exchange (which supplies supplement manufacturers) for 13 years. They live in Davis, CA.

Mr. Hobbs led a walk, identifying plants, for the foraging group I am in and is just a storehouse of knowledge. I purchased this book after the walk, due to all of the valuable information stored in it. Truly a great book to own if you are interested in medicinal plants.

Just good to enjoy doing some growing and reading.

Love this book. Very informative and an easy read!

I am always interested in reading and learning about ways to care for myself and others without the use of the pharmacy. This book shows how to grow and care for natural herbs and etc. and what they look like. I was surprised at what some of them looked like in the pictures.

Great buy, great condition.

The book features herbs, how to grow them, and their medicinal uses. The information on how to plant/nourish the herbs is not comprehensive; this is not a gardening book so much as a guide to herbs. However, it meets my personal needs. The book came in the condition that I expected: new.

Great information in easy to read and understand form. Can't wait to start growing.

Love this book. Thank you.

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