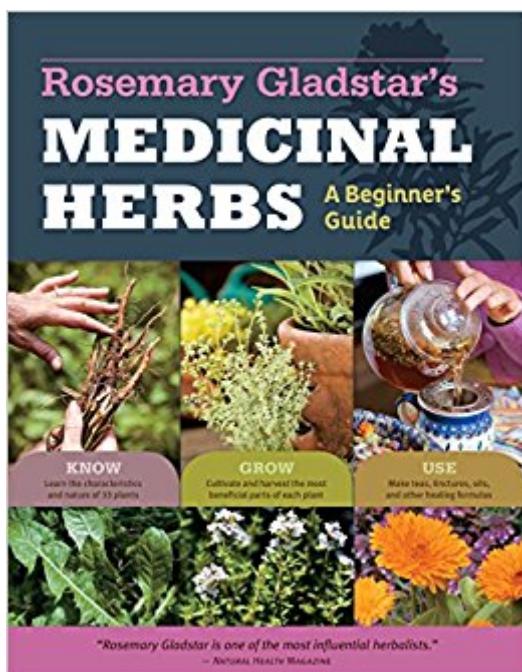


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# Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs To Know, Grow, And Use



## Synopsis

Craft a soothing aloe lotion after an encounter with poison ivy, make a dandelion-burdock tincture to fix sluggish digestion, and brew up some lavender-lemon balm tea to ease a stressful day. In this introductory guide, Rosemary Gladstar shows you how easy it can be to make your own herbal remedies for life's common ailments. Gladstar profiles 33 common healing plants and includes advice on growing, harvesting, preparing, and using herbs in healing tinctures, oils, and creams. Stock your medicine cabinet full of all-natural, low-cost herbal preparations.

## Book Information

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## Customer Reviews

"The goal of this beginner's guide is to teach readers how to identify and cultivate medicinal herbs and then use them to create healing oils, salves, tonics and more. ... Whether your passions lie in gardening, crafting or natural health, you'll find this a wonderful addition to your home library." Rosemary Gladstar is one of the most influential herbalists.

•Natural Health Magazine "Rosemary has graced the reader with her knowledge, experience, and love of herbs." •Dr. Mary Bove, Naturopathic Physician "In this empowering book, Rosemary teaches about using healing herbs with a thankful heart."

•Michael Phillips, Author of The Holistic Orchard "This book is a brand new, sparkling gem, full of treats and surprises and everything important. | not just for the beginner, even though that's what the title says. It will definitely be inspiring and helpful to someone just starting out, but also to anyone who's been working with herbs for a while

and might be looking for some fresh inspiration. "Rosemary Gladstar has been herbal wise woman to several generations, training future herbalists for 25 years at her Sage Mountain Retreat Center on 500 acres in Vermont. For those new to using herbs medicinally, her "Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide" (Storey Publishing, 2012) is the perfect entry, with easy recipes, preparation basics and growing know-how." (HerbalGram: The Journal of the American Botanical Council) "One of the most-trusted and well-respected herbalists of our time, Rosemary Gladstar, teaches readers how to grow, harvest, prepare, and use 33 of her favorite herbs in this new title. ... this book is a must-read for every budding herbalist." (Urban Farm) "This expert herbalist always offers expert advice ... Anyone can prepare her tried and true, yet always effective, recipes." (The Essential Herbal) "A compilation of the insights and wisdom gained from a lifetime of practice using medicinal herbs is highly useful for anyone wishing to bring herbs into their life." "The goal of this beginner's guide is to teach readers how to identify and cultivate medicinal herbs and then use them to create healing oils, salves, tonics and more. ... Whether your passions lie in gardening, crafting or natural health, you'll find this a wonderful addition to your home library."

**Home-Grown Medicine** Effective, safe, and inexpensive, medicinal herbs are simple to grow, and they can be used to naturally fortify your body against common upsets and ailments. Rosemary Gladstar, the godmother of modern herbalism, offers a fresh introduction to growing and using 33 of her favorite herbs, complete with tips on introducing an herb patch to your backyard garden and easy-to-follow recipes for brewing restorative teas, blending soothing salves, and making tinctures, oils, syrups, and pills. 124 of Rosemary Gladstar's favorite medicinal recipes include: Creaky Bones Cayenne Rub, page 63 Warming Cinnamon Bath Salts, page 68 Ginger Lemonade, page 80 Brain Tonic Tincture, page 85 Good Gargle for a Bad Throat, page 88 Rosemary's Famous Face Cream, page 116 Nutritive Heart Tonic Tincture, page 136 Lemon Balm Bath, page 160 Peppermint Tooth Powder, page 187

I have to say something right up front. I am not a beginning herbalist. I have been studying and using herbs for years. And I am a teacher, helping others to learn how to incorporate herbs into their lives for health and well-being. Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide satisfies both the herbalist and the teacher in me. It is an excellent guide for learning about herbs, a treasure trove of practical recipes and ideas as well as a priceless gift of wisdom and insight from one of the leaders of the herbal movement in America. There are a lot of herbals available, many of them

written by Gladstar herself. *Medicinal Herbs: A Beginner's Guide* outshines any number of them on a number of levels. The book is beautifully done, a true feather in Storey Publishing's cap. The pictures are rich and vibrant and the material is presented in a clear and helpful way. There are four main sections. The first is a simple introduction to herbs and herbal medicine in which Gladstar's enthusiasm is immediately apparent. The second section, an introduction to making your own herbal remedies, provides step-by-step instructions for making the most basic and practical of herbal preparations, including teas, tinctures, and salves, among other things. In the third section Gladstar discusses nine herbs that most of us are familiar with, revealing uses for them that may not be so familiar at all. The fourth section presents twenty-four herbs that are safe and beneficial for most people to use regularly, but which readers may not find familiar. As I read through the book, I was pleased to see many new recipes and ideas mixed in with some of Gladstar's tried and true recipes, such as her Fire Cider and Gypsy Cold Care Remedy. I had been afraid that perhaps the book would rest on the laurels of its predecessors. It does not. Gladstar's text is fresh and warm, making you feel as though you have a wise friend in the kitchen with you, urging you to try something new and take charge of your health in any way you are able. This warmth and wisdom is indeed a trademark of Gladstar's. She shows us the way back to the Wise Woman inside of all of us and encourages us to rediscover our ancestor's connection to the plants, honoring our own inner wisdom and ability to be healthy. Years ago, I met Rosemary Gladstar at the Women's Herbal Conference that she founded, and which takes place every summer. After delivering her opening address, she stepped off the platform and waded through the people straight to where I stood, feeling like an alien in my Islamic hijab, in the midst of gauze skirts and tube tops. She embraced me, and welcomed me like an old friend. This book does the same thing. It envelops the reader in warmth and welcome, teaching her the way of herbs with wisdom, experience, and confidence. by Khadijah Lacina for Story Circle Book Reviews reviewing books by, for, and about women

Sooo....those weeds you have out in the backyard that are wreaking havoc are actually useful! Nettle even has its uses and me and that weed are definitely NOT friends! Then those bright yellow annoying demons that pop up EVERYWHERE...yup...you can make tea with them. And lets say your hiking and a swarm of mosquitoes attack you...got itchy skin or burning skin? Rip some of that Plantain you see literally everywhere off and apply it to that bite....Yes I've done it and yes it works! You can also make a Plantain salve with uses for burns, bug bites, rashes, minor skin irritations and itchy skin. I'm not new to the holistic health world. I own a ton of essential oils and a ton of herbs and love all the varieties of uses with either one or the other or combining them to make something

useful. This book is perfect for beginners as well as novices. It lists the name of the plant, its uses, safety information, how to harvest and grow it, lots of color pictures and many amazing recipes that are really simple to make. A lot of the other ingredients you can find at your local whole foods store or order everything online. She breaks everything down so it's easy to understand. Seriously, this book is perfect for anyone wanting to start using a more holistic approach to their health and well-being. When you look at all the toxic chemicals we eat and breathe, the pesticides we are ingesting, the unnecessary cocktail of medications the pharmaceutical companies shove down our throat and we basically are slaves to society about how to live, eat and take care of ourselves, this book is a welcoming breath of fresh air. It teaches us how to use simple plants and incorporate that into our lives. Even if you just take baby steps and incorporate a few things in the holistic way, your body will thank you for it and so will your pocketbook. Living holistically doesn't have to be expensive. Yes, there are a gazillion books on natural health, essentials oils, herbs etc but one of the MAIN things you want to look for is the credibility of the author writing it. Too many times I've seen books and e-books, online articles about ways to use essentials oils, herbs, tinctures, lotions, etc, but the dosing is wrong and there is no safety information. Just because it's natural does NOT mean it's safe!! So do your research, always, always, always!!! Rosemary GladStar is an excellent author and has been working with herbs for years. She also has a few other books as well and I would highly recommend them also!! Sorry this is long, but I wanted to be able to share a good review. I definitely don't leave good reviews for everything. I'm always honest and up front about the books, items I purchase. I hope my reviews are able to help you make a decision!

What a lovely book - very beautiful design, photograph, paper wise, and also very well organized and useful information, the style is very accessible to everyday reader. It describes basil, cayenne, cinnamon, garlic, ginger, rosemary, sage, thyme, turmeric, aloe vera, burdock, calendula, chamomile, chickweed, dandelion, echinacea, elder, goldenseal, hawthorn, lavender, lemon balm, licorice, marsh mallow, mullein, nettle, oats, peppermint, plantain, red clover, St. John's wort, spearmint, valerian, and yarrow. Some of the recipes include other herbs too. Now I value my calendula flowers in my garden so much more. My son eats their petals up, but it turns out, that the middle sticky part of the flower is where most medicinal value is, so now I save the middle parts for the tea or oil infusion. It teaches how to make teas, syrups, oils, salves, tinctures, herbal pills, poultices, baths, and compresses. This book would make a great gift to anyone interested in using herbs as their medicine.

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