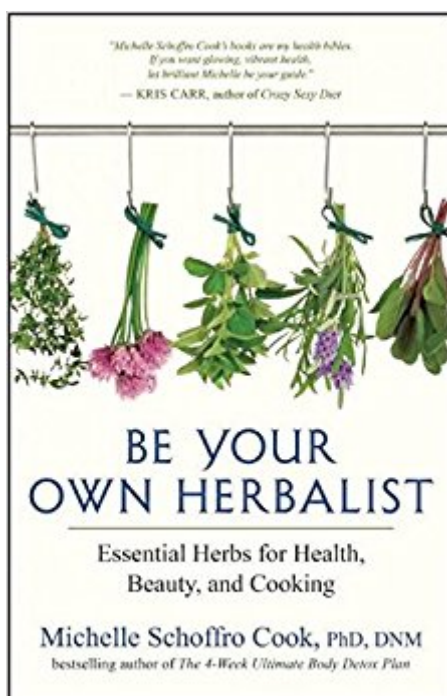


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# Be Your Own Herbalist: Essential Herbs For Health, Beauty, And Cooking



## Synopsis

Nurture and Heal with Nature's Herbal Wonders This complete guide will get you growing, harvesting, using, and healing with herbs; the world's oldest and most effective natural medicines. Popular health writer Dr. Michelle Schoffro Cook profiles thirty-one common and easy-to-grow (or readily available) herbs, sharing scientific discoveries about their usefulness and offering more than one hundred easy ways to use them in delicious recipes, healing teas, and soothing body treatments. You'll discover ways to delight body and mind as you incorporate Mother Nature's medicines into daily life, where they nurture and protect.

## Book Information

Paperback: 264 pages

Publisher: New World Library (April 19, 2016)

Language: English

ISBN-10: 1608684245

ISBN-13: 978-1608684243

Product Dimensions: 5.4 x 0.6 x 8.4 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 9 customer reviews

Best Sellers Rank: #255,784 in Books (See Top 100 in Books) #116 in Books > Crafts, Hobbies & Home > Gardening & Landscape Design > Herbs #177 in Books > Cookbooks, Food & Wine > Cooking by Ingredient > Herbs, Spices & Condiments #442 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies

## Customer Reviews

Michelle Schoffro Cook's books are my health bibles. If you want glowing, vibrant health, let brilliant Michelle be your guide. • Kris Carr, author of Crazy Sexy Diet

Dr. Michelle Schoffro Cook's work is unique, empowering, informative, and guides us toward a healthy future. I highly recommend her work and books. • Mallika Chopra, founder, Intent.com

An essential guide for anyone who wants to bring the power of herbs into their life! • Beverley Gray, herbalist and natural health practitioner

Dr. Cook does a great job of breaking herbalism down into tangible steps that allow you to start playing with plants confidently, right away. You don't have to be an expert to be an at-home, practical herbalist, and this book will show you how. • from the foreword by Angela and Yarrow Willard, clinical herbalists

Michelle Schoffro Cook is an internationally bestselling author, a certified herbalist, a board-certified doctor of natural medicine, and one of the world's most popular natural health bloggers. She holds advanced degrees in health, nutrition, orthomolecular nutrition, and acupuncture. She lives near Vancouver, BC.

Great explanation of the use of herbs. Wish it covered more though. It was very thorough and concise.

lots of good info

Have always wanted a guide to make concoctions.

Love the way the book is laid out. Good information. Very helpful.

Lots of great information for the person new to herb gardening!

Thank you.

I am using this book more as a reference book, so I haven't read it cover to cover, but it's exactly what I was looking for: For each of the 31 herbs (featured in alphabetical order, so it's easy to find what you are looking for) there is a brief introduction and history, followed by guidelines on how to best grow, harvest, and use the herb. Each feature ends with one or more recipes for using the herb. I love having all of this information in this easy to read and easy to use concise format. It's not overwhelming like some other herbalist books I have that are more like textbooks and thus just sit on my bookshelves. My favorite part is the information on how/when/what to harvest for each of the herbs as I have often grown herbs only to realize that I didn't know when or which part of the plant to harvest. Looking forward to try some of the recipes like Dairy-Free Soft Cheese with Chives, Skin-Soothing Lavender Body Lotion, Spring Nettle and Tarragon Soup, or Parsley Power Juice. I also appreciate the extensive bibliography and references to scientific studies in support of the claims made. I really love this book!

I was delighted to get this book for review, just as the warming weather invited us to prowl the aisles

of the garden center. The beauty of herbs is that they are absolute powerhouses of flavor, nutrition and medicinal benefits, and anyone can grow them in an indoor pot, outdoor container or garden bed. Dr. Cook's book is a beautifully conceived reference book that takes beginners by the hand and leads them gently up the garden path to truly becoming your own herbalist. The book starts with an overview of the different ways of preparing and preserving the herbs, including drying, teas, ointments, tinctures, syrups, vinegars and more. Herbs are listed alphabetically, and each herb's chapter includes a description and history of the herb, its uses in cooking and medicine, how to grow and harvest it, the best varieties, the latest research on their use for specific conditions, the best ways to prepare each herb, and both medicinal and culinary recipes. Reading the specific uses of these herbs was a real eye-opener. I was astonished to discover that many herbs I'm already growing have anti-cancer and anti-inflammatory properties, can be used as beauty aids, brain boosters, insomnia reducers, adrenal supporters, and the list goes on. Whatever issues you are dealing with, you'll likely find some pretty powerful support from mother nature in these pages, and the seeds are easily available online. This book is a wonderful gift to yourself and your loved ones. I would recommend it as an essential addition to any cookbook collection.

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