



The Woman's Book of Healing Herbs

Sara Altshul O'Donnell, Sari Harrar, SARI HARRAR AND SARA ALTSHUL O'DONNELL

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The Woman's Book of Healing Herbs Sara Altshul O'Donnell, Sari Harrar, SARI HARRAR AND SARA ALTSHUL ODONNELL

Herbal Medicine for Women Only!

In this elegantly illustrated book, top herbalists offer inside advice on how to use herbs to look and feel your best, relieve more than 125 common health problems, and strengthen your immunity against illness. You'll find:

- * Step-by-step directions for making your own herbal medicines
- * Dosage and recommendations for hot new herbs like black cohosh-- "nature's estrogen"-- and kava-kava, the popular anti-anxiety herb
- * Special sections on aromatherapy, dream pillows, and herbs for rejuvenation and relaxation
- * Herbal remedies for female-only problems like morning sickness and PMS, plus much more

This beautiful book also features:

- * Lavishly illustrated profiles of 50 top healing herbs for women, from aloe to yellow dock
- * Full-color photographs, including herbs in their native settings
- * Recipes for medicinal teas, soups, formulas, and blends

The Woman's Book of Healing Herbs is perfect for women who are looking for simple ways to use medicinal herbs to treat everyday health problems, relieve stress, and beautify their skin, hair, and nails.

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Homer Smith:

People live in this new time of lifestyle always try and and must have the time or they will get lot of stress from both lifestyle and work. So , when we ask do people have extra time, we will say absolutely yes. People is human not really a robot. Then we question again, what kind of activity are there when the spare time coming to a person of course your answer will certainly unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative within spending your spare time, the book you have read is usually The Woman's Book of Healing Herbs.

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