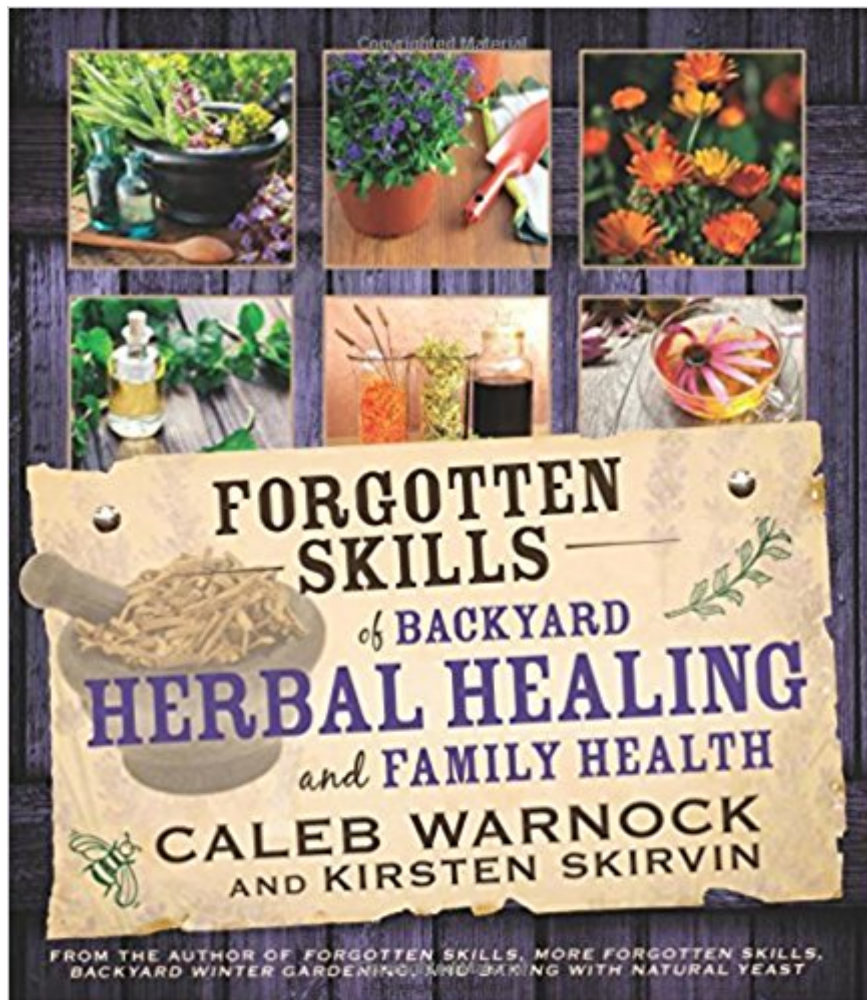




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Forgotten Skills Of Backyard Herbal Healing And Family Health



Synopsis

Modern medicine can work wonders, but most of it has roots in the healing powers you can find in your own backyard. This informative book teaches you to harvest, dry, and store herbs that will keep you healthy. Discover how to use natural remedies safely, so you can nurture your family's wellness without leaving home.

Book Information

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Customer Reviews

Yes, I love this book and our household is already making ready for the spring garden season, plus beginning some of the other self-sufficiency ideas. While every page of the author's experience is useful, you can also start slowly and work toward adding more as you go along and gain confidence. This book is also an entertaining read with short story paragraphs to illustrate his points. So far each book from the author, Caleb Warnock, has been informative, insightful and useful. I highly recommend this book and suggest you would find his other books worthwhile. --This just arrived and I am glad I bought it. The information is good and I like the way the book is organized. It covers individual herbs one by one and tells you how to tincture herbs, how to store them, and how (and for what) to use them. It is a good basic book and covers the basic herbs most of us use in our homes. --I absolutely love it! Very informative and it's quickly become a quick reference book for me. I've been working on getting chemicals out of my home so these tips and ideas have spurred me on great. I've even started my journey to getting my Herbal certification like Kirsten Skirvin. --

DANGER OF NASAL RINSE AND NETTI POTS. In Chapter 17 on Remedies, the authors talk about nasal rinsing using netti pots. The way they describe using a pot is by suggesting the use of

plain warm water. PLEASE DO NOT DO THIS! Tap water can contain infectious material, including dangerous protozoa which can migrate to the brain and cause serious infection and even death. "Users have to make sure the liquid is a dedicated saline nasal rinse. Do not use tap water or any form of unsterilized liquid. Tap water generally has small amount of bacteria, protozoa and other microorganisms, including amoebas, which is OK if we swallow them, but should not go into our nasal passages. If they do, they can remain there, alive, and eventually cause serious infections. Last year, two neti pot users in Louisiana lost their lives after using water tainted with Naegleria fowleri, a type of amoeba." -<http://www.medicalnewstoday.com> I'm sure the authors are well-intended, but this is a serious mistake and very poor advice.

This book makes me want to expand my herb garden. Good basic information. Looking forward to learning how to make tinctures.

I want to be self sufficient hobby farmer in retirement this is so helpful

The book arrived in just days after ordering it and I have been able to read and study it. This is an ongoing opportunity to learn more about herbs and how I can use them in cooking and healing.

I think this book has some very good suggestions in it and it will be a good resource book.

I love the concepts shared in this book. So much information and easily understood. I will be looking into other works by these authors.

I really like this book, went straight out to buy seeds so I can plant my own herbs

It has a lot of good info on Herbs and healing plants.

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