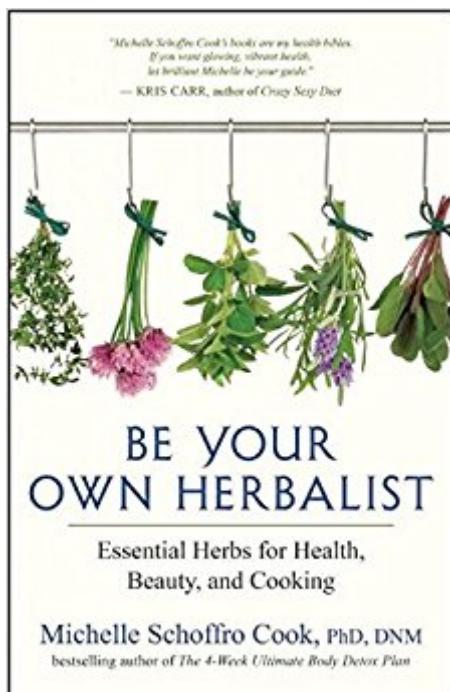


The book was found

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. 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.

[Download to continue reading...](#)

Be Your Own Herbalist: Essential Herbs for Health, Beauty, and Cooking Medicinal Herbs: Aromatherapy, Essential Oils and Medicinal Herbs To Improve Your Health (Medicinal Herbs For Beginners Book 1) How To Dry Herbs At Home: The Ultimate Guide To Drying Herbs (Herb Gardening, Herbs And Spices, Condiment Recipes, Condiment Cookbook, Herbal Recipes, ... Mixing Herbs, Spices, Sauces, Barbecue) Southern Cooking: Southern Cooking Cookbook - Southern Cooking Recipes - Southern Cooking Cookbooks - Southern Cooking for Thanksgiving - Southern Cooking Recipes - Southern Cooking Cookbook Recipes Herbs:How To Dry And Prepare Your Herbs - A Herbal Beginners Guide: :: Easy To Follow And Learn How To Dry And Store Your Herbs ONLY! The Beginners Guide to Making Your Own Essential Oils: Complete Guide to Making Your Own Essential Oils from Scratch & To Improve Your Health and Well-Being ... Health, Healing, Weight Loss, Coconut Oil) Recipes from the Herbalist's Kitchen: Delicious, Nourishing Food for Lifelong Health and Well-Being American Medicinal Leaves And Herbs; Guide To Collecting Herbs and Using Medicinal Herbs and Leaves Drying Garden Herbs: The Ultimate Guide To Drying Herbs - Amazing Tips And Tricks On How To Easily Dry Fresh Herbs Heinerman's Encyclopedia of Healing Herbs & Spices: From a Medical Anthropologist's Files, Here Are Nature's Own Healing Herbs and Spices for Hundreds of Today's Most Common Health Problems Best Natural Scrubs

and Herbal Remedies For Your Health and Beauty : (Body Scrubs, Medicinal Herbs, Essential Oils) (Body and Face Scrubs, Herbal Medicine) The Witching Herbs: 13 Essential Plants and Herbs for Your Magical Garden Herbs for Natural Beauty: Create Your Own Herbal Shampoos, Cleansers, Creams, Bath Blends, and More. A Storey BASICSÃ® Title How to Grow Herbs and Microgreens for Health or Profit: Make Money Growing Herbs and Microgreens Indoors Cooking for One Cookbook for Beginners: The Ultimate Recipe Cookbook for Cooking for One! (Recipes, Dinner, Breakfast, Lunch, Easy Recipes, Healthy, Quick Cooking, Cooking, healthy snacks, desserts) Cooking for Two: 365 Days of Fast, Easy, Delicious Recipes for Busy People (Cooking for Two Cookbook, Slow Cooking for Two, Cooking for 2 Recipes) Make Your Own Cosmetics: Recipes, Skin Care, Body Care, Hair Care, Perfumes, and Fragrancing, Herbs, Essential Oils, Cosmetic Ingredients... (Neal's Yard Remedies) The Home Reference to Holistic Health and Healing: Easy-to-Use Natural Remedies, Herbs, Flower Essences, Essential Oils, Supplements, and Therapeutic Practices for Health, Happiness, and Well-Being Essential Oils: 50 Essential Oil Dog & Cat Recipes From My Essential Oil Private Collection: Proven Essential Oil Recipes That Work! (Essential Oil Pet Private Collection Book 1) Essential Oils: Essential Oil Recipe Book - 30 Proven Essential Oil Recipes :: My Essential Oil Private Collection Vol. 1 (Private Collection Essential Oils)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)