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It is your certainly own times to con reviewing habit. accompanied by guides you could enjoy now is **The Spice And Herb Bible** below.

Describes how to select, prepare, and store fresh produce; provides information on nutritional value, companion foods, and availability; and offers more than two hundred recipes for vegetables, fruit, nuts, and herbs. ? Warning: Don't read this book if you're not ready to improve your life! ? Are you looking for ways to increase your longevity and quality of life? Maybe you have some skin or other external body issues that you need help with? Or maybe, you are already interested in herbal medicine ? If you answered "Yes" to at least one of these questions, please read on... It is not a secret that modern medicine is improving daily, and the amount of years we spend on planet Earth is going up. But... Did you know that the

number of productive years is dropping drastically every year and that most older people live in a survival mode instead of living a real life? That's the truth... too many people forget about what's natural and what is really beneficial to their mental and physical health. For this exact reason - to give you all the necessary tools you need and improve your and your family's health, I put together this amazing 4 in 1 book called "The Native American Healing Herbs Bible" Here are just a few things you'll discover inside: Some of the most important benefits of herbal medicine you need to know before starting Is herbal medicine expensive? A complete on a budget shopping list for beginners How to grow and harvest herbs yourself for maximum benefits? What are the best herbs to use for specific health issues? A complete list with over 60+ essential herbs you can explore on and use for yourself and your loved ones Discover 30+ Instant Remedies to Boost Wellness. How can essential oils dramatically reduce inflammation and improve your skin diseases? Organic or Non-Organic, which ones are better when it comes to their pricing and quality? Much much more.... And keep in is that you don't have to be sick to discover the real benefits of herbs. The longevity and energy they are going to give you will serve you greatly. Just try them out and see for yourself! So don't wait, scroll up, click on "Buy Now" and Start Reading! All about herbs: growing, selecting, preserving, using in cookery, cosmetics, and home remedies. The bestselling guide to herbal remedies completely revised and expanded. Since its original publication in 1992, Earl Mindell's Herb Bible has become the definitive guide to the world of herbal remedies. Recognized as today's leading trend in self-care, herbs can help you heal faster, live longer, and look better. In this completely updated edition, one of the world's foremost authorities on nutrition and natural remedies demystifies the language and lore of herbs and shows you how to choose and use herbs and herbal treatments—from the traditional favorites to those on the cutting edge. Here is new and valuable information on how herbs can treat depression and anxiety, boost energy, improve your sex life, combat aging, prevent illness, and speed healing. Highlights include: -Thirty new "Hot Hundred" herbs -A new section devoted specifically to anti-aging herbs -New and completely updated information on the fastest selling herbs: St. John's Wort, kava kava, grapeseed extract, and green tea -Special updated chapters on "A Man's Body" and "A Woman's Body" And much more. Fully revised and updated by Michael Tierra -- one of the nation's leading authorities on natural treatments for healthful living The Natural Remedy Bible will help you work with nature to restore and maintain the gift of good health -- naturally. In this comprehensive, easy-to-use guide you'll find: • An

alphabetical listing of over 200 common illnesses, fully defined and described with symptoms and causes • Prescribed natural methods of treatment, including herbal remedies, water therapy, exercise, vitamins, and nutritional foods for successful healing • Step-by-step instructions for proper methods of application, from baths and herbal additives to compresses and facial packs • A complete dictionary of resources: food, herbs, even health and beauty aids ...and much more in this invaluable reference that makes healing a natural, harmonious process -- and puts you on the path toward lifelong well-being. The definitive, full-color guide to making and using approximately 250 herbal medicines at home, with instructions for everything from harvesting to administering low-cost, DIY remedies. This comprehensive, full-color guide provides detailed, easy-to-follow instructions for making and using approximately 250 herbal medicines at home, including practical tips and numerous effective formulas developed and tested by the authors, both expert herbalists with years of experience. Readers who appreciate the health-giving properties of herbal medicines but are discouraged by the high price of commercial products can now make their own preparations for a fraction of the cost. The authors tell you everything you need to know about harvesting, preparing, and administering herbs in many different forms, including fresh, bulk dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences. The book also covers topical applications of herbs as salves, lotions, poultices, tooth powders, ear drops, and more, and includes an extensive chapter on herbal hydrotherapy. The Modern Herbal Dispensary explains why different preparations of the same herb will obtain better results, demonstrating how capsules, teas, tinctures, or glycerites of the same plant will not have exactly the same effect on the body. Leading herbalists Thomas Easley and Steven Horne have tested and proven the herbal formulas they offer, along with suggestions for treating more than one hundred illnesses. They lay out the principles of herbal formulation and also provide instructions on how to prepare single herbs, a procedure that has been largely ignored in other references. More comprehensive than any other guide, thoroughly researched, beautifully illustrated, and presented with ease of use in mind, this book will take its place as the premier reference for those who want to produce all the herbal remedies they need, and to save money in the process. A guide to a variety of herbs and spices which describes how they can be used in different dishes, either alone or in combination with other spices. Discover more than 130 herbs in this authoritative and attractive reference book by horticultural expert Stefan Buczacki. There is at-a-glance

information on a wide range of herbs with advice on how to grow them and their best uses - both culinary and ornamental. Designing and planning a herb garden is also considered, with advice on site, soil and style. Plants can provide healing in many different ways: directly through their pharmacological actions as medicinal herbs, energetically through the vibrations of flower essences and tree energies, and spiritually through the inspiration they offer. Exploring over 100 of these incredible plants - from key medicinal herbs such as St John's wort, sage and chamomile to edible healing plants such as grapes and blueberries - The Healing Plants Bible provides a comprehensive guide to their history of usage, therapeutic properties and healing applications. Featuring guidance on seasonal availability, advice on the use of herbal teas, tinctures and flower essences for common ailments, and including the latest research findings, this book is an essential reference guide to plants from all over the world. The bestselling guide to herbal remedies completely revised and expanded. Since its original publication in 1992, Earl Mindell's Herb Bible has become the definitive guide to the world of herbal remedies. Recognized as today's leading trend in self-care, herbs can help you heal faster, live longer, and look better. In this completely updated edition, one of the world's foremost authorities on nutrition and natural remedies demystifies the language and lore of herbs and shows you how to choose and use herbs and herbal treatments—from the traditional favorites to those on the cutting edge. Here is new and valuable information on how herbs can treat depression and anxiety, boost energy, improve your sex life, combat aging, prevent illness, and speed healing. Highlights include: -Thirty new “Hot Hundred” herbs -A new section devoted specifically to anti-aging herbs -New and completely updated information on the fastest selling herbs: St. John's Wort, kava kava, grapeseed extract, and green tea -Special updated chapters on “A Man's Body” and “A Woman's Body” -And much more Would you like to find a way into the lost world and forgotten art of Native American herbalism without getting caught in misinformation and sensationalistic claims? Are you looking for a modern guide on traditional Native American herbal medicine to stock your medicine cabinet full of all-natural, low-cost herbal preparations? The knowledge of Native American tribes on herbs and herbal remedies is unmatched but not easily accessible since it has been passed on orally from one generation to another. But don't give up! I am proud to present The Native American Herbalist's Bible: an in-depth, all-encompassing 3 books in 1 bundle that has recorded our rich heritage of herbal craftsmanship and tradition. More exhaustive than any other guide on the market, thoroughly researched, and written with ease of use in mind,

this book will accompany you from harvesting to administering low-cost, DIY remedies, from planting tips to the creation of your very own natural medicine cabinet, from traditional methods to modern uses, for beginners and expert herbalists alike. In the first volume you will find: The forgotten history of Native American Medicine Herbalism 101: a handy guide for the budding herbalist to learn every technique you'll ever need Traditional preparations for the daring herbalist All about harvesting plants: from planting to wild crafting, from a buying tips to ethical practices The best way to store every part of the plants (with secret tips from the best herbalists!) How to administer herbs in different forms, including fresh and dried herbs, capsules, extracts in water, alcohol, glycerin, vinegar and oil, and even preparations like essential oils and flower essences The most relevant sacred medicine ceremonies in our culture (including how to build your very own sweat lodge on page 57!) In the second volume you will discover: The complete herb profile of 75] herbs and wild plants The traditional uses of each plant The ultimate catalogue of Native American plants and their modern uses and dosages How modern research confirms what the tribes have known for millennia Instructions on how to prepare every single herb (you won't find that easily in other publications!) How to find, identify, harvest, and plant every herb you will ever need Are you in a hurry? For each plant the author has compiled a quick guide to the best solvents, the medicinal parts, and their effect on the body! Finally, learn how to heal with nature in the third volume. Read to discover: How to soothe your body and calm your mind with the amazing powers of wild plants and herbs A step-by-step guide for each tea, decoction, salve, oil, capsule, and extract to cure that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard 150+ tried and tested amazing healing recipes carefully selected for you by the best herbalists How to detox with dandelion, beat stress with linden, soothe burns with marshmallow, treat a cold with pine, and beat cramps with crampbark, and much, much more... We are more addicted than ever to drugs that numb our body and mind and chemicals that erode our health and weigh heavily on our wallets, but you can now easily access over 2000 years of herbal medicine-making culture. So, are you ready to discover the lost world and forgotten art of Native American herbal medicine? Then click on "Buy now" to start your healing journey today! Known for their ease of use, artful presentation of scientific information, and evidence-based approach, James Duke's comprehensive handbooks are the cornerstone in the library of almost every alternative and complementary medicine practitioner and ethnobotanist. Using the successful format of these

bestselling handbooks, Duke's Handbook of Medicinal Plants of the Bible covers 150 herbs that scholars speculate, based on citations, were used in Biblical times. Herbalist to King Charles I, John Parkinson (1567-1650) was a master apothecary, herbalist and gardener. This title prints Parkinson's clear and lively description of a chosen plant's 'vertues' or healing properties, adding its own modern commentary and a contemporary take on his almost-forgotten herbal recipes. Blending history, science, and folklore, an illustrated tour of biblical healing advice focuses on the fifty-two most interesting and useful plants mentioned in the Bible, discussing the traditional and scientific basis for their use. Burn Fat! Think Better! Enhance Your Sex Life! Fat blockers, antioxidants, sport supplements, nutraceuticals, natural hormones, and natural antidepressants are just some of the cutting-edge products that have recently been brought to market. All can be purchased over the counter. But which ones are right for you? Bestselling author Earl Mindell will help you negotiate the bold new world of supplements with this unique and comprehensive guidebook. Trying to build muscle? Creatine monohydrate and HMB can help you get more out of your workout Feeling blue? 5-HTP and Saint-John's-wort can give you a lift Want to lose weight? Fight fat with chitosan Looking to enhance your sexual performance? Try tribulus and ashwagandah Not as sharp as you used to be? Phosphatidylserine can help you regain twelve years of brain power Searching for a natural alternative to estrogen? Soyconcentrate is a rich source of plant estrogens that can help prevent cancer. Don't miss out! Let Earl Mindell show you how to look better, feel younger, and stay healthier. The new edition of the IACP-award-winning book on spice. Cooks everywhere use spices and herbs to enhance food flavors and to create new taste combinations and sensations. From bay leaves to lemongrass to vanilla beans, a well-stocked kitchen must have a wide selection of herbs and spices. This expanded and completely revised new edition is the culmination of Ian Hemphill's lifelong experience in the spice industry. It is a fascinating and authoritative guide. Hemphill describes a wide range of global herbs and spices used in modern kitchens either alone or in wonderful blends. He completely demystifies the art of combining herbs and spices and home cooks can meet and enjoy a world of flavors previously found only at internationally inspired restaurants. He provides the "inside story" based on his extensive experience in this ancient and stimulating industry. The third edition features 6 new spice entries (for a total of 97), 102 new recipes, 33 new curry spice blends and 17 new spice blends. There is also a new and fascinating section, "Travels in the Spice Trade," that includes his personal anecdotes and travel stories.

The interior pages have been completely redesigned and reorganized with full color throughout. All the entries are listed alphabetically with a detailed color photo of every herb and spice. There are also comprehensive and handy storage suggestions with details for every herb and spice. A full-circle culinary experience in the world of herbs and spices, this new edition is still the definitive reference in its field. "Religious books, especially the Bible consists of many plants and herbs which have been, used as traditional medicines for thousand years. Aloe vera (John 19:39-40), Anise (Matthew 23:23), Balm (Ezeiel 27:17, Genesis 37:25, Genesis 43:11, Genesis 37:25, Jeremiah 8:22, Jeremiah 46:11, Jeremiah 51:8), Bitter herbs such as Coriander seed, Cilantro root, Wild lettuce, and Wild endives (Exodus 2:8, Exodus 12:8), Cassia (Exodus 30:24, Ezekiel 27:19, Psalms 45:8), Cinnamon (Exodus 30:23), Cumin (Isaiah 28:25), Fig (Judges 9:10-11, Numbers 13:21-23, Numbers 20:5, Deuteronomy 8:7-9, 1 Samuel 30:11-12, Nehemiah 13:15, 1 Samuel 25:18, 2 Samuel 16:1, 1 Chronicles 12:40, 2 Kings 20:107, Genesis 3:6-7, Isaiah 38:21, and etc.), Flax (Leviticus 6:10), Frankincense (Matthew 2:10-11, Exodus 30:24), Garlic (Numbers 11:5-6), Hyssop (1 King 4:33, Psalm 51:7), Mandrake (Genesis 30:14, Song of Songs 7:13), Milk thistle (Genesis 3:18), Mint (Luke 11:41, Matthew 23:23), Mustard seed (Luke 17:6), Myrrh (Esther 2:12, Genesis 43:11, Proverbs 7:17), Nard (Song 1:12, Song 4:13, Song 4:14, Mark 14:3, John 12:3), Pistachio nuts and Almond (Genesis 43:11), Saffron (Song of Solomon 4:14), and Turmeric (Song of Solomon 4:14-15) are important medicinal plants which have been mentioned in the Bible. In recent years, the use of herbal medicines and their natural products have been increased rapidly across the world. The aim of this manuscript is review the notable health benefits and pharmaceutical advantages of medicinal plants and herb which have been mentioned in the Bible"-- The new edition of the IACP-award-winning book on spice. Cooks everywhere use spices and herbs to enhance food flavors and to create new taste combinations and sensations. From bay leaves to lemongrass to vanilla beans, a well-stocked kitchen must have a wide selection of herbs and spices. This expanded and completely revised new edition is the culmination of Ian Hemphill's lifelong experience in the spice industry. It is a fascinating and authoritative guide. Hemphill describes a wide range of global herbs and spices used in modern kitchens either alone or in wonderful blends. He completely demystifies the art of combining herbs and spices and home cooks can meet and enjoy a world of flavors previously found only at internationally inspired restaurants. He provides the "inside story" based on his extensive experience in this ancient and stimulating industry. The third edition

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issues? A complete list with over 60 essential herbs you can explore on and use for yourself and your loved ones What are the health advantages of essential oils and aromatherapy? How can essential oils dramatically reduce inflammation and improve your skin diseases? Organic or Non-Organic, which ones are better when it comes to their pricing and quality? Much much more.... And keep in is that you don't have to be sick to discover the real benefits of herbs and essential oils. The longevity and energy they are going to give you will serve you greatly. Just try them out and see for yourself! So don't wait, scroll up, click on "Buy Now" and Start Reading! A new guide to natural healing offers herbal remedies for sufferers of depression, anxiety, sexual dysfunction, and a host of other ailments, as well as tips on stocking a household herbal medicine chest. Do you feel intoxicated by all the medicines that are recommended to treat just about anything? Do you get frustrated when you see thousands of advertisements sponsoring expensive, body damaging, addictive medicines and you don't know what to believe anymore? Are you ready to encounter the world's most effective form of natural medicine, become a skilled herbalist and build your first home-based herb lab? Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing and were able to use the power of plants to maintain good health, create explosive levels of energy, and live more than 120 years. Founder of the "North American Herbs and Shamans Association" and Dean of the Millennium School of Herbalism of Toronto, Rhonda Maya, decided to enclose in this collection of 11 books all her knowledge about healing herbs and her secret elixirs of long life. She is credited with the discovery of 11 healing herbs, 7 of which are Native American. Pioneer of the Soxhlet extraction method, she is famous her habit of going everywhere with 1 chemist and thousands of ampoules and botanical instruments. "Your laboratory always with you", she always told her students. BOOK LIST 1» The Alchemy of Herbs Between Myth and Reality: a deep dive into the science and spirituality of herbalism 2» Herbal Terminology for Beginners: actions, energetics, properties and more 3» Native American Herbal Remedies: the secret list of the native American perpetual remedies 4» Native American Herbal Recipes: the 51 ways to treat every disease and forget about them 5» Native American Herbal Medicine: discover 49+1 sacred herbs of indigenous shamans and use them everyday 6» Lost Book of Astral Herbs: find out 7 daily-used herbs of native shamans to access altered states of consciousness and discover your true self 7» Herbal Remedies for Demanding Kids: 7 remedies for demanding kids at every age and stage of life 8» The Herb Master's Magic Garden: grow dozens of

anti-pandemic herbs in your own backyard at home 9» Build Your Own Healing Herb-Lab: master the shamanic art of herbalism and build your own herb pharmacy at home 10» The Book of Herbal Tinctures: make 7 healing tinctures on your own following the Percolation and Soxhlet extraction methods 11» A HUGE BONUS: American Edible Wild Plants: find out 51 wild edible plants and 7 foraging tricks for wilderness survival All medical herbs are at your fingertips, and the recipes and remedies derived from them are at no cost. You will also be guided step by step in building your own healing herbs' garden. It's time to take a cleansing swim in the wise knowledge of Native Americans and their thousand-year-old natural healing techniques... Scroll up the page, click the BUY NOW button, and GRAB YOUR COPY NOW!! More than 2,000 complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer natural aids to health and happiness. Includes tips on growing, botanical medicine, seasoning, and much more. The new edition of the IACP-award-winning book on spice. Cooks everywhere use spices and herbs to enhance food flavors and to create new taste combinations and sensations. From bay leaves to lemongrass to vanilla beans, a well-stocked kitchen must have a wide selection of herbs and spices. This expanded and completely revised new edition is the culmination of Ian Hemphill's lifelong experience in the spice industry. It is a fascinating and authoritative guide. Hemphill describes a wide range of global herbs and spices used in modern kitchens either alone or in wonderful blends. He completely demystifies the art of combining herbs and spices and home cooks can meet and enjoy a world of flavors previously found only at internationally inspired restaurants. He provides the "inside story" based on his extensive experience in this ancient and stimulating industry. The third edition features 6 new spice entries (for a total of 97), 102 new recipes, 33 new curry spice blends and 17 new spice blends. There is also a new and fascinating section, "Travels in the Spice Trade," that includes his personal anecdotes and travel stories. The interior pages have been completely redesigned and reorganized with full color throughout. All the entries are listed alphabetically with a detailed color photo of every herb and spice. There are also comprehensive and handy storage suggestions with details for every herb and spice. A full-circle culinary experience in the world of herbs and spices, this new edition is still the definitive reference in its field. Complemented by three hundred illustrations, a comprehensive A-Z directory of herbs details the plants that relieve common ailments, provides practical advice on how to grow and care for them, furnishes recipes and herbal remedies, and offers tips on

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illustrations, a comprehensive A-Z directory of herbs details the plants that relieve common ailments, provides practical advice on how to grow and care for them, furnishes recipes and herbal remedies, and offers tips on cooking with herbs. 15,000 first printing. cooking with herbs. 15,000 first printing. 304 color pages, paperback, improved print quality, and a lot more plant identification details. This unique book is written by Dr. Nicole Apelian, an herbalist with over 20 years of experience working with plants, and Claude Davis, a wild west expert passionate about the lost remedies and wild edibles that kept previous generations alive. The Lost Book of Herbal Remedies has color pictures of over 181 healing plants, lichens, and mushrooms of North America (2-4 pictures/plant for easy identification). Inside, you'll also discover 550 powerful natural remedies made from them for every one of your daily needs. Many of these remedies had been used by our forefathers for hundreds of years, while others come from Dr. Nicole's extensive natural practice. This book was made for people with no prior plant knowledge who are looking for alternative ways to help themselves or their families. This lost knowledge goes against the grain of mainstream medicine and avoids just dealing with symptoms. Instead, it targets the underlying root cause and strengthens your body's natural ability to repair itself. With the medicinal herbal reference guide included, it's very easy to look up your own condition and see exactly which herbs and remedies can help. Let me just offer you a small glimpse of what you'll find inside: On page 145 learn how to make a powerful "relieving" extract using a common backyard weed. This plant acts directly on the central nervous system to help with all kinds of pain and discomfort. You'll also discover the most effective natural antibiotic that still grows in most American backyards (page 150). Turn to page 43 for the natural protocol Dr. Nicole is recommending for a wide range of auto-immune conditions, after falling prey to MS herself at age 29. I could go on and on because this book contains no less than 800+ other medicinal plants and natural remedies. "The long awaited revision of THE HERB BIBLE, which sold more than half-a-million copies worldwide complete with up to date new and easy to use information on herbs, Earl Mindell explains exactly how and when to use each herb, including * a major new section on anti-ageing herbs * thirty all-new 'Hot 100 Herbs' * herbs for the relief of problems specific to men and women * hot herbal beauty tips * how to use aromatherapy oils for healing" Would you like to find a way into the lost world and forgotten art of Native American herbalism without getting caught in misinformation and sensationalistic claims? Are you looking for a modern guide on traditional Native American herbal medicine to stock your medicine cabinet full of all-

natural, low-cost herbal preparations? The knowledge of Native American tribes on herbs and herbal remedies is unmatched but not easily accessible since it has been passed on orally from one generation to another. But don't give up! I am proud to present *The Native American Herbalist's Bible 3 - The Lost Book of Herbal Remedies* the third volume of *The Native American Herbalist's Bible* series. More exhaustive than any other guide on the market, thoroughly researched, and written with ease of use in mind, this book will accompany you through basic and complex preparations, identifying and harvesting the right plants, and all the herbal remedies you will ever need, saving money in the process. In this book you will discover:

- How to soothe your body and calm your mind with the amazing powers of wild plants and herbs
- A step-by-step guide for each tea, decoction, salve, oil, capsule, and extract to cure that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard
- How to detox with dandelion, beat stress with linden, soothe burns with marshmallow, treat a cold with pine, and beat cramps with crampbark
- 150+ tried and tested amazing healing recipes carefully selected for you by the best herbalists
- The best plants to heal common seasonal ailments and manage chronic diseases
- How to find the herbs that work best for your particular constitution
- Secret tips from the forefathers of medicine on how to live a healthier, fuller life!

We are more addicted than ever to drugs that numb our body and mind and chemicals that erode our health and weigh heavily on our wallets, but you can now easily access over 2000 years of herbal medicine-making culture. Herbal medicine traditions must be preserved and passed on to help us and future generation to re-establish a more profound contact with nature and its healing powers. So, are you ready to discover the lost world and forgotten art of Native American herbal medicine? Then click on "Buy now" to start your healing journey today! "A look at the myriad healing herbs and plants that were known during biblical times and still grow in the Holy Land, this book explains how to use them in alternative therapies today. Combining the past and present in the field of herbs and healing, this reference uses the Bible and biblical writings as the source for modern research into the properties and uses of herbs and plants. Color photographs of the substances and explanations of easy-to-use ways to apply them make this book accessible to those who believe in the healing power of nature." With this bestselling book by Rosemary Gladstar, the godmother of modern herbalism, learn how to grow, harvest, prepare, and use the 33 most common and versatile healing plants. Everyone will love this guide to inexpensive and natural home-healing! Do you feel intoxicated by all the

medicines that are recommended to treat just about anything? Do you get frustrated when you see thousands of advertisements sponsoring expensive, body damaging, addictive medicines and you don't know what to believe anymore? Are you ready to encounter the world's most effective form of natural medicine, become a skilled herbalist and build your first home-based herb lab? Long before Europeans arrived in America, generations of Native American's learned the secrets of natural healing and were able to use the power of plants to maintain good health, create explosive levels of energy, and live more than 120 years. Best-selling author and herbalist master, the Green Witch decided on the day of her 100th birthday to enclose in this collection of 9 books all her knowledge about healing herbs and her secret elixirs of long life. The Green Witch was born in 1921 in the American village of Hidatsa, the daughter of a shaman father and an herbalist mother of the tribe of Nuxbaaga. She spent 30 years around the world and more than 50 years as a nomad in America, traveling from tribe to tribe, cultivating her knowledge of Native American healing herbs. BOOK LIST 1» Herbalism and Alchemy: a deep dive into the science and spirituality of herbalism 2» The Herb Master's Terminology: actions, energetics, properties and more 3» Native American Herbal Medicine: discover 49+1 sacred herbs of indigenous shamans and use them everyday 4» Native American Herbal Recipes: the 51 ways to treat every disease and forget about them 5» Native American Herbal Remedies: the secret list of the Native American perpetual remedies 6» Herbal Remedies for Children: 7 remedies for demanding kids at every age and stage of life 7» The Initiation, Be an Herbalist: master the shamanic art of herbalism and build your own herb pharmacy at home 8» The Herb Master's Open Air Lab: grow dozens of anti-pandemic herbs in your own backyard at home 9» A HUGE BONUS: American Edible Wild Plant: find out 51 wild edible plants and 7 foraging tricks for wilderness survival All medical herbs are at your fingertips, and the recipes and remedies derived from them are at no cost. You will also be guided step by step in building your own healing herbs' garden. It's time to take a cleansing swim in the wise knowledge of Native Americans and their thousand-year-old natural healing techniques... Scroll up the page, click the BUY NOW button, and GRAB YOUR COPY NOW!!

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