

HEALING Herbal Teas

A Complete Guide to Making Delicious, Healthful Beverages

A renowned herbalist teaches the fine art of blending and brewing therapeutic teas, with profiles of 45 common yet extraordinary herbs that encourage healing, nourish the body, build the immune system, lift the spirits, and taste great!



BRIGITTE MARS, A.H.G.

Brigitte Mars

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Each profile outlines the herb's main constituents, physiological effects, traditional applications, contraindications, and flavor, in addition to its growth practices both in the wild and in the garden. In quick-research format, this book profiles 45 common herbs with extraordinary healing potential.



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Great, simple, clearly written, fun book of healing herbal teas This book is exactly what I was looking for! I am a novice and need basic information to change from reliance upon the pharmaceutical industry to self-reliance using recovery, herbal teas. The info is presented simply, thoroughly, without falling back again on superficial 'they state this is good for. You almost feel just like she actually is your trusted friend guiding you to the info..' statements. Using Ms. Mars suggested item supply contacts, and carefully reading her quality recipes, we are able to create our own healthy organic teas. MANY THANKS, Brigitte Mars! Five Stars great superb reference. It has just enough details on each herb without being overwhelming. Healing Teas This is one of the better books on teas that I've found. She also provides a pleasant, conversational writing style. EASY TO READ AND UNDERSTAND WITH A LOT OF VALUABLE INFORMATION.! It has a section Zodiac Tea Blends, but it couldn't talk about lavender. I'd absolutely buy this publication if you are thinking about herbs or tea. Very informative, exceptional reference. It offers very good information on the properties of herbs and how to utilize them..! I probably would have preferred more straight tea recipes than the tea party section nonetheless it is sweet and reminds you that lifestyle is supposed to be fun. This is a great book for everyone Brigitte Mars offers written a wonderful throughout guide to Natural Teas.! There is so much details not merely about the botanical/pharmacological aspect, however the philosophical/ethereal aspect as well, that i also use in blending my herbs.! Four Stars Good Great way to obtain information I've got this paperback for 3 years and appreciate it each time I need to renew my knowledge of some natural herbs and their healing properties. considering returning Book came new needlessly to say. Books content was very impressive until I pointed out that this book has NO mention of Lavender!!!!!! CONTENT IS QUITE RELEVANT AND EASY TO UNDERSTAND.), who the tea is safe for, described taste, and where and how it really is cultivated. A great supply for further inquiries into herb lore. Five Stars helpful and good An inspiration to budding herbalists I've used this reserve as a springboard for my own line of teas, DRINK ME Natural Medicinal Teas. you need. How can you write a reserve on herbs and NOT possess Lavender? WOULD RECOMMEND TO ANYONE THINKING ABOUT HERBS THAT WANTS Info ON THE USE AND PREPARATION. The 45 healing natural herbs stated in the book are: Alfalfa, Angelica, Anise, Anise Hyssop, Basil, Blackberry, Burdock, Calendula, Cardamom, Catnip, Chamomile, Cinnamon, Cloves, Dandelion, Echinacea, Elder, Fennel, Fenugreek, Ginger, Hawthorn, Hibiscus, Hyssop, Lemon Balm, Lemon Verbena, Lemongrass, Licorice, Linden, Marshmallow, Mint, Mullein, Nettle, Oats, Orange, Plantain, Raspberry, Red Clover, Rooibos, Rose, Rosemary, Sage, Tea, Thyme, Violet, Yarrow, Yerba Mate'. Under each of the 45 herbs is a summary of what the herb is definitely by botanical name, section of plant utilized, Medicinal use, physiological character (Astringent, cardioprotective, ect.), traditional targets of software (asthma, despair, insomnia etc.), Constituents (Beta-carotene, vitamin E, minerals, etc.! I was just looking for this type of book which has LAVENDER.



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