

HERBS for CHILDREN'S HEALTH

How to Make and Use Gentle Herbal
Remedies for Soothing Common Ailments



Rosemary Gladstar, author of
*Rosemary Gladstar's Medicinal Herbs:
A Beginner's Guide*

Rosemary Gladstar

Herbs for Children's Health: How to Make and Use Gentle Herbal Remedies for Soothing Common Ailments (Storey Basics)



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In this Storey BASICS® guide, Rosemary Gladstar shows you how to prepare soothing salves, syrups, tablets, and teas that support kids's health. Herbal treatments can provide safe and effective treatment for common childhood ailments ranging from diaper rash and teething to sore throats and conjunctivitis. With simple instructions, clear dosage recommendations, and in-depth profiles of 24 medicinal herbal remedies, you'll soon become confidently easing your kid's achy flu with some hibiscus tea and utilizing the curing properties of nettles to combat bouts of hay fever.



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Four Stars Shower present INFORMATIVE! Best for a starter This book is fantastic for beginners. This is certainly an excellent recourse to have, filled with clear to see and make recipes. His books weave in more philosophy and include the kinds of things in each herb (for example, volatile natural oils, saponins, etc. It had been nearly what I was looking for, but I respect Rosemary Gladstar and her function. It's becoming more and more crucial for guy to get back to his roots and enhance our health by doing what we can to strengthen our disease fighting capability and avoid medication whenever possible and this is particularly true for the children of this generation. Herbs for Infants Health I was really excited to get this book. When I got it and reviewed it I was disappointed, as this book should of been known as "Herbs for Infants Wellness" The size of this book is a bit bigger than hands size. lots of safe and substitute help treat common problems safely. Anyway, I do think this is a cool reserve for those who have infants and the money to order all of the herbs needed to help to make the remedies etc. I also believe it does teach you what that herb can be used for. We own a lot of Rosemary Gladstar's books and also have under no circumstances been disappointed. The descriptions for the natural herbs are short and simple. It is filled with good information, easy more than enough for a beginner to check out and definitely well worth your while to learn cover to cover several times! If you prefer a more in-depth understanding of the herbs, i quickly suggest Matthew Wood's books. Yes, it's a small book, nevertheless I appreciate one book focused on children so I don't have to flip through larger books, so when I'm on trips, this one almost always comes with me in the event I have several spare moments to learn.). In addition, it includes more of the latest understandings derived from other herbalists in the field regarding each herb. Great book for anyone with children or grandchildren. I came across most, if not absolutely all, the herbs which are used in this book would need to be ordered, which is fine for those who have the money to take action, but for me it really is costly to do it. .. An absolute must have informative book This is a essential book for all those who know the power of herbs to get a large amount of information and is really useful for those from herbs This book seems to have a whole lot of information and is really useful for those from herbs. However it is MUCH smaller than I expected and therefore not as readable. Five Stars Rosemary's books are always filled with good information. safe and natural gift for my child who's expecting in March, who also the details from Rosemary Gladstar was useful when she was a kid. A little gem.!' This is an ideal read for any new to the herb world! I'm so thankful for the fundamentals being covered and can't wait to get started on this journey :) book good book..



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