

a year with james wong

Over 100
great new
remedies

Seasonal guide
to growing
and storing



GROW YOUR OWN DRUGS

PLUS!

The non-gardener's guide to sourcing ingredients

As seen on BBC

BBC

James Wong

Grow Your Own Drugs: A Year With James Wong



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James Wong is back, putting his ethnobotanical knowledge to use once more, with over 100 new, normal, cheap and easy remedies, showing you and those around you how exactly to have a fantastically healthy 12 months. James displays how easy it is to have access to the best ingredients whatever the weather, with his easy-to-follow seasonal concentrate - whether you've got a window box, a roof terrace, a country backyard (or a computer to order the goods online... Whether you're fed up with your hormones, worried about your baby's nappy rash, your lover is susceptible to a sore-throat, or leg-waxing is proving just too expensive to maintain, *Grow Your Own Drugs: A Year With James Wong* gives over 100 fun new remedies to soothe all manner of common conditions and beauty problems - every time they might flare up.)

Personal inspirations: how he came to a career in ethnobotany, how he moves about living his *GYOD* year and why a seasonal strategy is important and an easy task to adopt

New case research: how people who've tried and tested the remedies 've got on

FEATURES:

- Over 100 fresh remedies
- New seasonal guide - steps to make sure you possess all the ingredients you will need for a sound body and brain all year round
- New non-gardener's guide: if you are not really green-fingered or don't possess a garden, James reveals how exactly to identify plant life and how to source top quality ingredients on-line
- More about James' His seasonal planner goes right through from Planting season to Winter, making sure you know what to plant when, the optimum time to harvest and how to create your personal mini-apothecary (or store-cupboard) at home.
- New HOME section: brilliant natural and inexpensive remedies for home existence.

Packed with James's personal best tips and easy solutions for both developing and making remedies, this is your must-have companion to help defend against any ailments and issues which can crop up throughout the year, the organic, James Wong method. James's top suggestions and new gift flashes (ideal for inexpensive, thoughtful presents)

- Contains family pet flea powder, horsetail metallic polish, wood polish, floor covering deodoriser



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Very helpful and an easy task to follow recipes Great clear to see and follow quality recipes in the informative publication.! Anyone who is thinking about nature diet and health should understand this book. People interested in historic self-cures would also like this book. Great Story Telling totally engrossing. It's fantastic to see people rediscovering the methods our ancestors healed ... This book is full of different ways to make and grow your own traditional medicines. Five Stars Liked the e-book and enjoyed series on you tube. So much understanding lost. This book is a begin at recovery. Where has this reserve been all my entire life? Have no idea how I resided without this book. It has most of the quality recipes the series protected and more that it didn't. I now know what all my friends and clients are receiving for Christmas..! I actually had seen the BBC plan and was thrilled to ... I actually had seen the BBC system and was thrilled to have already been able to purchase this publication. Nicely organized, great recipes, easy to adhere to directions, and the products work. Thank You! Have watched James Wong series on British Television and really enjoyed them and incredibly happy I found the publication. Don't miss this one! Great book Wonderful book . Well crafted and the quality recipes are easy to adhere to and prepare. Well worth the price. It's amazing to observe people rediscovering the ways our ancestors healed themselves.. Wild prefer to see total series in ebook formate. Very Informative This is an extremely informative book. Five Stars Great reference for a creative gardener or herbalist. Will buy even more of James Wong's books... Had to venture out and obtain all his books.. I'll eventually purchase his additional books. Great Tale Telling totally engrossing.



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