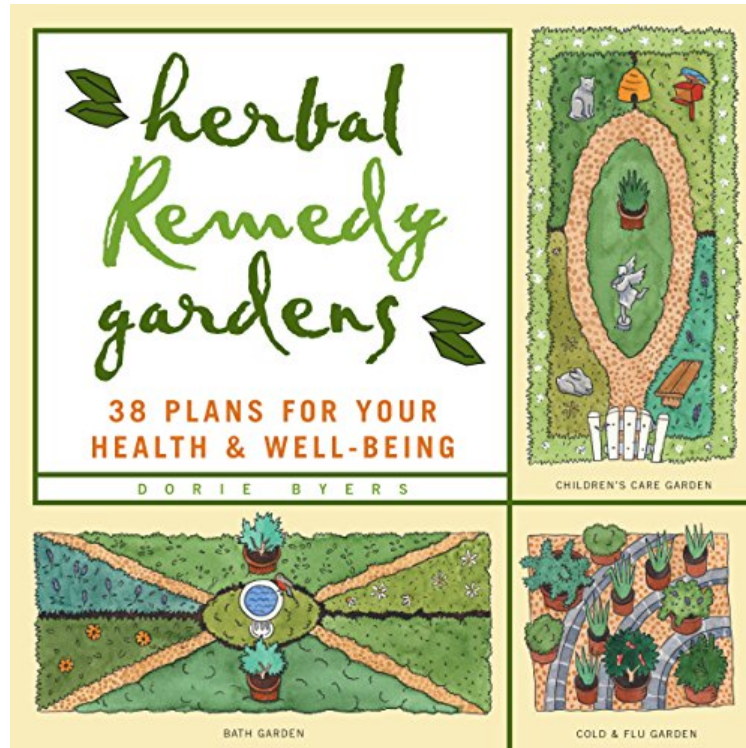


[Free and download] Herbal Remedy Gardens: 38 Plans for Your Health Well-Being

# Herbal Remedy Gardens: 38 Plans for Your Health Well-Being

Dorie Byers

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**Dorie Byers : Herbal Remedy Gardens: 38 Plans for Your Health Well-Being** before purchasing it in order to gage whether or not it would be worth my time, and all praised Herbal Remedy Gardens: 38 Plans for Your Health Well-Being:

4 of 4 people found the following review helpful. awsome book!By KCGoldenI bought this book for my mother for Christmas this year. Of course I had to sneak a peak. I was really impressed. Each garden was for a specific "ailment" or "aide". Then, each garden is presented in two versions: container and standard. Then, in the same chapter, recipes are offered to utilize the herbs. I only got a brief look at the book, but from what I saw, I told her that I was going to order my own so that I didn't have to share. She said that she would start her new herb gardens this summer. Can't wait to see how they come out or to receive my own book to thoroughly examine.0 of 0 people found the following review helpful. Growing tea gardens...By Terrie CumminsFor neighbors and friends to suite their temperaments and tastes.An easy to use guide and information book and inspirational to those never interested before.3 of 3 people found the following review helpful. Herbal Remedy GardensBy SuzanneThis book not only tells you what to plant, why, when and how, it also gives great information on medicinal herbs and their uses.

Enhance your health naturally with herbs from your own garden. In this easy-to-use guide, Doris Byers offers simple instructions for growing, harvesting, and making healing mixtures from a variety common medicinal herbs, such as garlic, chamomile, and echinacea. Illustrated plans for 38 health-care themed designs include the Cold and Flu Garden,

the Healthy Heart Garden, and the Rejuvenation Garden. You'll be sure to find the right mixture of herbs to cure whatever ails you!

"Herbal Remedy Gardens is an easy-to-use and interesting guide to herbal gardening. It contains a little bit of everything you need to know to start using herbs as well as instructions on how to grow them. Herbal Remedy Gardens is a handy guide loaded with facts for the beginner as well as advanced herbalists. The container gardens will give everyone ideas for herbs in pots. Portions of the book on history and uses of herbal remedies make it interesting to all readers." -- Nancy Clifton, Horticultural Specialist, Plant Information, The School of the Chicago Botanic Garden. Current Books on Gardening Botany, 12/7/99

From the Back Cover Enhance your health naturally with herbs from your own garden. Even if you've never gardened before, you can care for yourself and your family using time-tested herbal remedies harvested from your own medicinal herb garden. Master Gardener Dorie Byers offers simple growing instructions for more than 20 versatile medicinal herbs such as garlic, chamomile, and echinacea. You'll also find recipes and tips for using the herbs for first-aid and preventive health care. Customize a garden to suit your space and your specific health needs with more than 35 illustrated plans for easy-to-maintain container and backyard gardens including: -- Cold and Flu Garden -- Decongestant Garden -- Headache Relief Garden -- Healthy Heart Garden -- Woman's Care Garden -- Rejuvenation Garden