



Rose Powder

THE ESSENTIAL GUIDE TO

Home Herbal REMEDIES

More and more people are returning to the centuries-old traditions of herbal medicine. The essential home remedies in this book are designed for people who are just beginning to discover the benefits of these ancient healing treatments. All of the recipes and formulations in these pages are highly effective, and they're easy and quick to make using widely available ingredients and common utensils found in every home kitchen. Discover the marvelous satisfaction of making these high-quality remedies at home.



St. John's Wort

The special "Plant Portraits from A-Z" section outlines the healing properties of and applications for each herb to help you get started.

Enjoy soothing natural remedies—such as teas, tinctures, oils, creams and tonics—that treat an array of ailments, including coughing and sneezing, sore throat, pain and even morning sickness.

Melanie Wenzel lives in Germany, where she practices classical homeopathy. She regularly appears as a homeopathic expert on television and radio, where she shares tips on gentle and natural prescriptions that bring relief for minor ailments.

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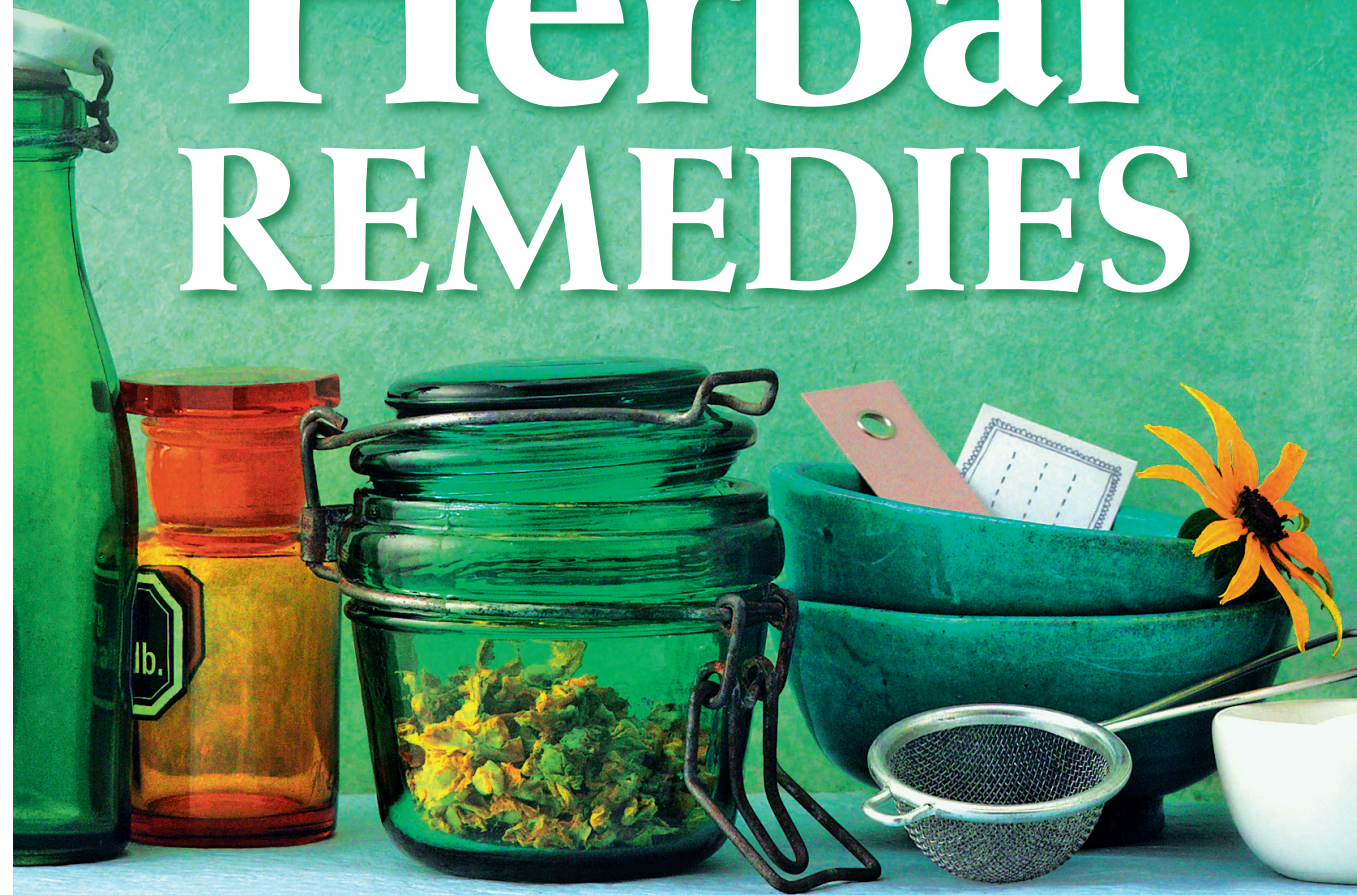
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Easy Recipes Using Medicinal Herbs to Treat More than **125** Conditions from Sunburns to Sore Throats

MELANIE WENZEL