



Healing Flowers (Hardback)

By Jessica Houdret

Anness Publishing, United Kingdom, 2014. Hardback. Condition: New. Language: English . Brand New Book. This title includes practical ways to balance the mind, body and spirit. It is a fully illustrated guide to therapeutic flowers and their uses, and how to make safe, effective treatments at home. It includes easy-to-prepare remedies to treat everyday ailments ranging from nausea and PMS to insomnia and sore throats. It offers more than 160 photographs that include useful step-by-step sequences that demonstrate how to make flower teas, tinctures and infused oils. It contains a handy A to Z directory of some of nature s most versatile healing plants. All over the world, throughout time, people have found ways to harness the natural healing powers of flowers. This book gives guidance on the harvesting and preparation of flowers, and introduces the reader to their variety of uses, such as tisanes, tinctures and infused oils, as well as flower essences and essential oils. Specific treatments are recommended for everyday complaints such as stress, anxiety, painful periods, headaches, depression, skin problems and insomnia. Finally, an easy-to-use directory introduces the reader to the properties and uses of 60 healing flowers. With 160 photographs, this is a practical and...



READ ONLINE
[4.33 MB]

Reviews

Certainly, this is actually the very best job by any author. It really is rally exciting through studying time. You may like how the blogger write this pdf.
-- **Rudolph Jones MD**

Completely essential go through ebook. I was able to comprehended almost everything using this created e pdf. You will not sense monotony at anytime of your time (that's what catalogs are for relating to if you request me).
-- **Timothy Schulist**

Other Books



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to give your child an academically rigorous, comprehensive...



In Nature s Realm, Op.91 / B.168: Study Score

Petrucchi Library Press, United States, 2015. Paperback. Book Condition: New. 244 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.Composed in 1891, V P irod (In Nature s Realm) is the first of Dvorak s three concert...



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching reading that provides students with a stimulating,...



The Voyagers Series - Africa: Book 2

Voyagers Series, Inc., United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching reading that provides students with a stimulating,...



Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



What is in My Net? (Pink B) NF

Pearson Education Limited. Book Condition: New. This title is part of Pearson's Bug Club - the first whole-school reading programme that joins books and an online reading world to teach today's children to read. In this book, Zac and Daisy are fishing...