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## Herbs: A color guide to herbs and herbal healing

By Jennie Harding

Chartwell Books. Paperback. Condition: New. 320 pages. Herbs-medicinal plants with special healing properties-have always played an important part in human history, cultural development, and experience. Since prehistoric times, particular plants have been favored not just as food or flavorings, but also because of their medicinal effects. Every culture on the planet has its own traditional remedies made from local plants, using particular leaves, roots, or flowers for their specific health benefits. For centuries before written records, herb knowledge was passed on orally from generation to generation. Herbs have been used for centuries to treat major and minor ailments. As people seek more natural approaches to health, herbal remedies have become the most popular modern form of alternative medicine. This guide to herbs and their healing properties includes: Advice on cultivating herbs at home and in the gardenA detailed chart listing a range of common ailments against the herbs used to treat themComprehensive guidance on using herbs safelyWithin these pages is a color guide to herbs and an excellent reference for the budding herbalist. A beautiful and comprehensive guide to the characteristics and curative properties of 130 of the most useful healing herbs. Each spread offers a summary of...

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