



Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide: 33 Healing Herbs to Know, Grow, and Use

By Rosemary Gladstar

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Craft a soothing aloe lotion after an encounter with poison ivy, make a dandelion-burdock tincture to fix sluggish digestion, and brew up some lavender-lemon balm tea to ease a stressful day. In this introductory guide, Rosemary Gladstar shows you how easy it can be to make your own herbal remedies for life's common ailments. Gladstar profiles 33 common healing plants and includes advice on growing, harvesting, preparing, and using herbs in healing tinctures, oils, and creams. Stock your medicine cabinet full of all-natural, low-cost herbal preparations.

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Editorial Review

Review

“The goal of this beginner's guide is to teach readers how to identify and cultivate medicinal herbs and then use them to create healing oils, salves, tonics and more. ... Whether your passions lie in gardening, crafting or natural health, you'll find this a wonderful addition to your home library.”

“Rosemary Gladstar is one of the most influential herbalists.”

—*Natural Health Magazine*

“Rosemary has graced the reader with her knowledge, experience, and love of herbs.”

—Dr. Mary Bove, Naturopathic Physician

“In this empowering book, Rosemary teaches about using healing herbs with a thankful heart.”

—Michael Phillips, Author of *The Holistic Orchard*

“This book is a brand new, sparkling gem, full of treats and surprises and everything important. ... not just for the beginner, even though that's what the title says. It will definitely be inspiring and helpful to someone just starting out, but also to anyone who's been working with herbs for a while and might be looking for some fresh inspiration.”

“Rosemary Gladstar has been herbal wise woman to several generations, training future herbalists for 25 years at her Sage Mountain Retreat Center on 500 acres in Vermont. For those new to using herbs medicinally, her "Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide" (Storey Publishing, 2012) is the perfect entry, with easy recipes, preparation basics and growing know-how.”

(*HerbalGram: The Journal of the American Botanical Council*)

“One of the most-trusted and well-respected herbalists of our time, Rosemary Gladstar, teaches readers how to grow, harvest, prepare, and use 33 of her favorite herbs in this new title. ... this book is a must-read for every budding herbalist.”

(*Urban Farm*)

"This expert herbalist always offers expert advice ... Anyone can prepare her tried and true, yet always effective, recipes."

(The Essential Herbal)

“A compilation of the insights and wisdom gained from a lifetime of practice using medicinal herbs ... highly useful for anyone wishing to bring herbs into their life”

“The goal of this beginner's guide is to teach readers how to identify and cultivate medicinal herbs and then use them to create healing oils, salves, tonics and more. ... Whether your passions lie in gardening, crafting or natural health, you'll find this a wonderful addition to your home library.”

From the Back Cover

Home-Grown Medicine

Effective, safe, and inexpensive, medicinal herbs are simple to grow, and they can be used to naturally fortify your body against common upsets and ailments. Rosemary Gladstar, the godmother of modern herbalism, offers a fresh introduction to growing and using 33 of her favorite herbs, complete with tips on introducing an herb patch to your backyard garden and easy-to-follow recipes for brewing restorative teas, blending soothing salves, and making tinctures, oils, syrups, and pills.

124 of Rosemary Gladstar's favorite medicinal recipes include:

Creaky Bones Cayenne Rub, page 63

Warming Cinnamon Bath Salts, page 68

Ginger Lemonade, page 80

Brain Tonic Tincture, page 85

Good Gargle for a Bad Throat, page 88

Rosemary's Famous Face Cream, page 116

Nutritive Heart Tonic Tincture, page 136

Lemon Balm Bath, page 160

Peppermint Tooth Powder, page 187

About the Author

Drawing on her 40-plus years of studying and teaching about the healing properties of herbs, Rosemary Gladstar is the best-selling author of *Rosemary Gladstar's Medicinal Herbs: A Beginner's Guide* and *Rosemary Gladstar's Herbal Remedies for Vibrant Health*. She is a world-renowned educator, activist, and entrepreneur, serving as director of Sage Mountain Herbal Retreat Center, the International Herb Symposium, and the Women's Herbal Conference. Gladstar is founding president of United Plant Savers, a nonprofit organization dedicated to the conservation and preservation of native American herbs. She was the original formulator for Traditional Medicinal Herbal teas and currently leads herbal educational adventures around the world. She lives in East Barre, Vermont.

Users Review

From reader reviews:

Michael Davis:

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Donald Lester:

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