



# The Herb Gardener's Essential Guide: Creating Herbal Remedies and Oils for Health & Healing

*Sandra Kynes*

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## **The Herb Gardener's Essential Guide: Creating Herbal Remedies and Oils for Health & Healing**

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Learn how to use twenty-eight popular, easy-to-grow herbs to treat everyday ailments and maintain good health. From selecting plants to harvesting and storing them to making remedies and savories of all sorts, *The Herb Gardener's Essential Guide* presents an abundance of practical and satisfying ways to incorporate herbs into a healthier lifestyle and diet.

Utilizing both herbs and essential oils, this beautifully illustrated guide explains how to choose and make the ideal herbal mixture for a wide variety of medicinal and culinary uses. Need help getting to sleep? Try a cup of Thyme to Settle Tea. Add a sweet, spicy flavor to roast meat or vegetables with Coriander Spiced Butter. Ease muscle pain and stiffness with soothing Rosemary Warming Massage Oil. Featuring an ailments-and-issues guide, instructions for creating a personalized apothecary garden, and detailed profiles for each of the herbs, this accessible book belongs on every gardener's shelf.

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