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Precious Medicinal Plants

A Handy Guide to Identifying and Using 20 Plants
Essential to Phytotherapy

Author: Rémy Le Jeune

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Category :

Genres : Well-Being/Self-Help

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Learn to recognize, harvest, and use 20 essential medicinal plants in this book featuring practical tips and simple recipes for natural health and healing at home.

Rémy Le Jeune, a lecturer and teacher in phytotherapy, brings you the 20 best medicinal plants to improve your health. These plants have been chosen to cover the widest range of conditions for which they can provide relief and come with detailed descriptions and instructions for use in three ways, as per circumstances: phytotherapy, aromatherapy, and gemmotherapy. Includes information how to collect these plants sustainably, as well as their properties and therapeutic uses (teas, tinctures, capsules, etc.).
