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Godsfield Healing Plants Bible: The Definitive Guide to Herbs, Trees and Flowers (The Godsfield Bible Series)

Helen Farmer-Knowles

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Plants can provide healing in many different ways: directly through their pharmacological actions as medicinal herbs, energetically through the vibrations of flower essences and tree energies, and spiritually through the inspiration they offer. Exploring over 100 of these incredible plants - from key medicinal herbs such as St John's wort, sage and chamomile to edible healing plants such as grapes and blueberries - The Healing Plants Bible provides a comprehensive guide to their history of usage, therapeutic properties and healing applications. Featuring guidance on seasonal availability, advice on the use of herbal teas, tinctures and flower essences for common ailments, and including the latest research findings, this book is an essential reference guide to plants from all over the world.

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