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Sinopsis

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Rosemary Gladstar is the mother of modern herbalism. Her wisdom and vision have inspired an entire generation of herbal healers, and her insights into the healing power of plants have helped people everywhere embrace more natural, healthy, and radiant lives.

Rosemary Gladstar's Herbal Recipes for Vibrant Health is the author's practical compendium of herbal know-how. Written with her signature warmth, this must-have reference will help readers of every life stage enjoy radiant well-being, every day. Limit stress and anxiety, get adequate rest, boost immunity, improve mental acuity, and embrace life balance _ these are elements of Gladstar's prescription for wellness, longevity, and boundless energy. To help achieve these goals, she offers a number of general-wellness recipes, including 7-Herb Long-Life Soup, Long-Life Elixir, and energy-inspiring Zoom Balls.

The bulk of the book is dedicated to specific herbal remedies for everyone in the family _ adults, babies, children, and elders. Good Vision No-Cook Herbal Jam, for example, will help keep aging eyes functional, while Rosemary's Itch Relief Remedy offers a soothing salve for poison ivy. Whether a reader wants to soothe baby's diaper rash, enjoy a better night's sleep, conquer headaches, cure a case of athlete's foot, or boost a sagging spirit, Gladstar's time-tested herbal remedies offer new options for natural healing.