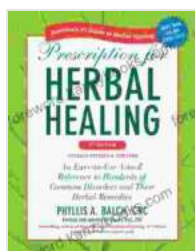


# Prescription for Herbal Healing: Your Complete Guide to Herbs and Their Therapeutic Uses

Herbs have been used for healing for centuries. In fact, many of the medications we use today are derived from plants. However, there is a lot of misinformation about herbs and their uses. That's why it's important to have a reliable source of information when you're looking for herbal remedies.



## Prescription for Herbal Healing, 2nd Edition: An Easy-to-Use A-to-Z Reference to Hundreds of Common Disorders and Their Herbal Remedies by Phyllis A. Balch

★★★★☆ 4.8 out of 5

|                      |             |
|----------------------|-------------|
| Language             | : English   |
| File size            | : 2981 KB   |
| Text-to-Speech       | : Enabled   |
| Screen Reader        | : Supported |
| Enhanced typesetting | : Enabled   |
| X-Ray                | : Enabled   |
| Word Wise            | : Enabled   |
| Print length         | : 656 pages |



The second edition of *Prescription for Herbal Healing* is the most comprehensive and authoritative guide to using herbs for healing. With over 500 herbs profiled, this book provides everything you need to know to use herbs safely and effectively for a wide range of conditions.

This book is written by Phyllis Balch, CNC, a certified nutritionist and herbalist with over 30 years of experience. Phyllis has helped thousands of people improve their health through the use of herbs. She is a passionate advocate for herbal healing and she believes that everyone can benefit from the power of plants.

*Prescription for Herbal Healing* is divided into three parts.

- **Part 1: to Herbal Healing**

This section provides an overview of herbal healing, including the history of herbal medicine, the different types of herbs, and how to use herbs safely.

- **Part 2: Herbal Profiles**

This section profiles over 500 herbs, including their medicinal uses, side effects, and contraindications.

- **Part 3: Herbal Remedies**

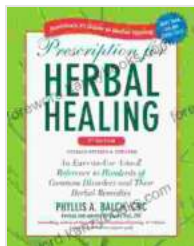
This section provides recipes for herbal remedies for a wide range of conditions, including allergies, anxiety, arthritis, colds, and flu.

*Prescription for Herbal Healing* is a valuable resource for anyone who wants to learn more about using herbs for healing. Whether you're a beginner or an experienced herbalist, you'll find this book to be a comprehensive and reliable guide.

**Free Download Your Copy of Prescription for Herbal Healing Today!**

*Prescription for Herbal Healing* is available in paperback, hardcover, and e-book formats. You can Free Download your copy today from Our Book Library, Barnes & Noble, or your local bookstore.

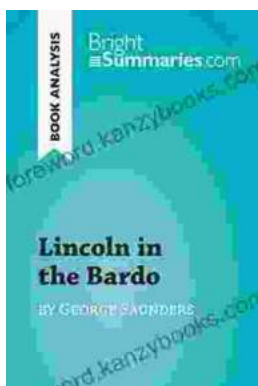
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