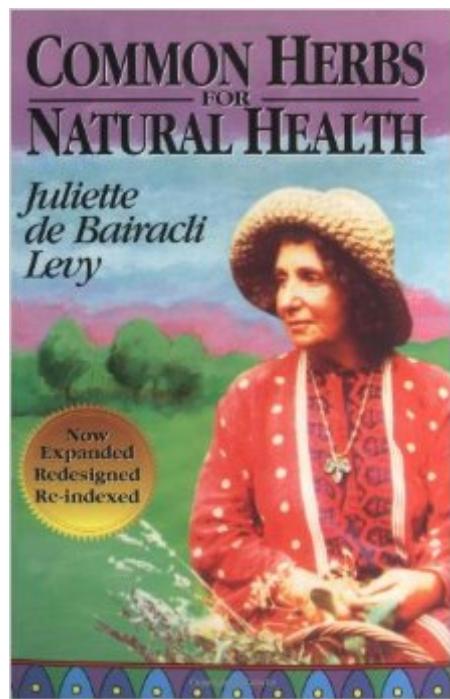


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# Common Herbs For Natural Health



## Synopsis

Common Herbs for Natural Health is an essential herbal for the newcomer to the expert. Juliette de Bairacli utilizes her Gypsy wisdom and decades of studying herbs and healing to create a book filled with natural remedies and recipes. What a treasure! Her respect and love for the plants, the earth, and the medicinal knowledge garnered from people of all ethnic origins is powerful, practical, and sensible. My gardens and personal health are already benefiting from this intelligent and tender book.

## Book Information

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Average Customer Review: 4.7 out of 5 starsÂ  See all reviewsÂ  (53 customer reviews)

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## Customer Reviews

I ordered this wonderful book last year because I was interested in herbal medicine. Since that time, I have used this book countless times for common ailments like colds, flu, bug bites, scrapes, bruises, etc. In almost every case, the recommendations given by Ms. Levy work as well or better than expensive, over the counter medications & salves. Some of the herbal recommendations, including using fresh basil on insect bites have results which are almost miraculous. I highly recommend this book. It's very interesting reading as well, Ms. Bairacli Levy infuses it with her life experiences garnered by learned about herbal medicine from indigenous people around the world. I cannot say enough about this book...it is one of the best and most helpful books I've ever bought.

I was astonished at the vast amount of invaluable information I found in the pages of COMMONS HERBS FOR NATURAL HEALTH (Herbals of Our Foremothers) by Juliette de Bairacli Levy.

Readers will be rewarded by a detailed listing of 200 worldwide herbs. You will learn how to find them, store them, and prepare them to help treat many common ailments. Don't be surprised if the recipes contained in the back of the book will have you searching your yard late at night for the intriguing ingredients. This book is a must-read for any herbalist enthusiast, or anyone who has a slight interest in alternative medicine. I can easily see this book being passed on from generation to generation; the information is priceless. After reading this treasure, it fully convinced me to change the topic of my college thesis. I'm happy to say I couldn't have read any better book to start me on the path of learning this ancient tradition.

This author is The Matriarch of Herbalism among the innercircle, which includes well known practicing herbalists, "celebrity" herbalists, other authors, and many thousands of community herbalists all over the world. My 30 year old copy- my very first herb book -is falling apart so I just ordered another because it contains a lifetime of tried and true herbal information for personal and professional practice. Anyone starting out in their understanding of this field, as well as anyone who has been studying for years, should have this, and all her books, on their shelves, and use them! If you do, you will "get it". This book is recommended to educate and enlighten those who have been brainwashed by the media to think "herbs are drugs", or poisons, or worse- as it clears up issues of practical usage, and proper usage, and everyday applications, by someone with decades of experience, well respected the world over. It contains useful, full descriptions of many common herbs (the "materia medica"), some not so common, some, in older versions, which may have fallen out of use or access. A story emerges of herbal use all over the planet for health care, and along with this information, the author shares her insights into incorporating natural living to promote robust health and vitality. No fads here- just classical, timeless, tried and true, unchanging, eternally helpful enlightenment.

My grandmother was an immigrant from Russia and with her transition to this country in the late 1800's came a wealth of knowledge of herbs and their power to heal. To this day, I still use herbs in the treatment of many minor health problems from colds, sore throats, insect bites, minor infections, headaches and symptoms of menopause. "Common Herbs for Natural Health" brings back memories of my grandmother's garden where fresh herbs grew abundant, and her kitchen which contained herbs of every description. Many of the uses for herbs found in this book are generations old; They are tried and true - they worked then and they work now. That is not to say, herbs are the solution for every illness. For example, I would never attempt to treat a serious infection with herbs

alone, but they certainly do have their time and place, as this book will indicate. Herbs can be an optimum solution to many problems. Since they are a natural source, they generally have fewer side effects, as long as you know and understand what herbs not to blend together. They are also less costly than medications found on a store shelf. This book contains a vast amount of information on the herbs and suggests which ones to use for various treatments. It is a book anyone who is a believer in natural health care and healing will want to own.

Some people might question starting off as a novice with an herbal written primarily from a European perspective. When I was recommended this book, I was somewhat skeptical of what I might learn. I was a bit disappointed at first, because some of the herbs I found weren't even native to my continent. However, over time, I have grown to love this book, as well as the author. The reason this book is so great isn't just the information about the herbs - there is similar information in many places. The book is great because as you read it, you begin to FEEL the herbs. You begin to gain a sense of what true herbalism is. In our Western culture, we often think of herbal medicine in the same way we think of modern medicine. When you are sick, you take something. It goes away. You are now well. The end. This book counters that attitude - subtly, yet in a very profound way. This book encourages the reader to think of HEALTH, not just healing. To pursue an ongoing relationship with the plants of the earth - not just a one time quick fix for what ails you (although there is plenty of that information as well.) If you are like me, and NEW to the entire concept of herbal healing - do yourself a favor and purchase this book. There are more comprehensive books out there about specific herbs - especially North American ones - but if you TRULY want to gain the proper perspective about herbs and your health, this book is priceless. I also recommend books by Susun Weed. Her writings are similar in keeping in tune with the SPIRIT of herbalism, not just facts about individual herbs.

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