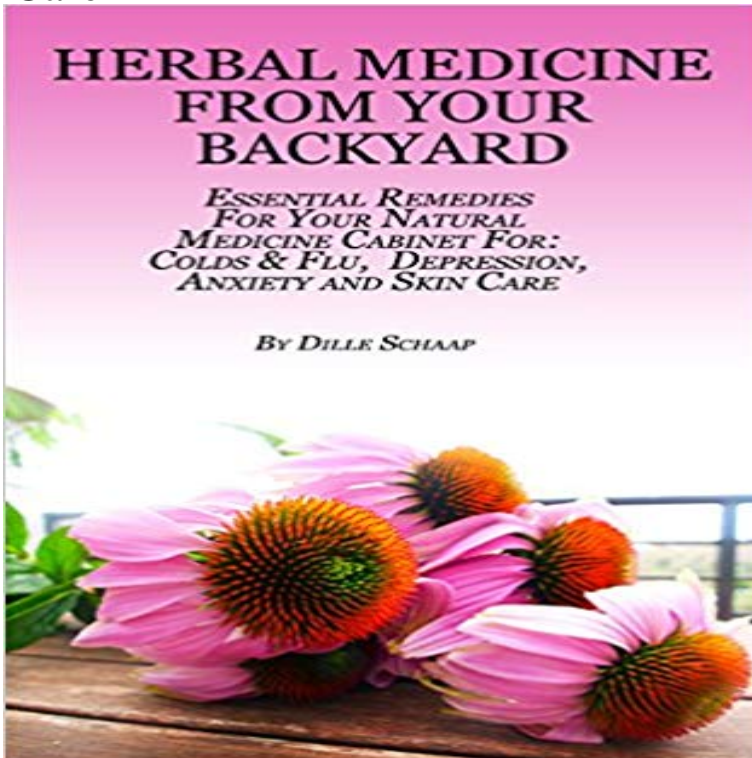


# Herbal Medicine From Your Backyard: Essential Remedies For your Natural Medicine Cabinet for: Colds & Flu, Depression, Anxiety, Skin Care



Create Your Own Herbal Remedies. Tinctures, Balms, Oils... Learn the Methods This is a high-quality book of about 36 pages that contains an easy guide on how to prepare 5 traditional remedies from medicinal herbs which you can easily grow in your backyard. You can easily create tinctures, balms, oils and herbal teas that will help you to fight colds, overcome moments of nervousness, depression and anxiety, and will deal with skin problems. The book is illustrated with very nice pictures that will help you to identify the herbs and will support you in the process of creating the remedies. These are the fundamental methods to process herbs that you will learn

Tinctures Salves Balms Oils Herbal tea

These herbal medicine remedies will help you to Fight colds Overcome low-level depression Moments of nervousness and anxiety Heal skin wounds Or just will provide you with natural skin care The book is illustrated with very nice pictures that will help you identify the herbs and will support you in the process of creating the herbal remedies.

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