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The Gardener's Companion to Medicinal Plants: An A-Z of ...

The beautifully illustrated Gardener's Companion to Medicinal Plants is an A-Z of healing plants and home remedies, featuring more than 270 plants used for their medicinal properties, as well as 24 practical projects for homemade teas, oils, tinctures and creams with a tradition of safe use. Each plant is illustrated with a beautiful work of botanical art from Kew's archives.

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(PDF) The Gardener's Companion to Medicinal Plants | Jason ...

Cabbage illustration in Gardener's Companion to Medicinal Plants When readers find cabbage, carrots, beans, raspberries, grapes and strawberries included, they will realise that healthy food has many sides and perhaps hitherto unknown possibilities.

Review: The Gardener's Companion to Medicinal Plants ...

Summary: "The Gardener's Companion to Medicinal Plants is a beautifully illustrated giftable gardening reference book, which combines exquisite botanical illustrations with practical self-help projects. Every day sees a discovery in the press about the new uses of plants, and it's certain that most of our most important drugs are derived from plants.

The gardener's companion to medicinal plants : an A-Z of ...

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The Gardener's Companion to Medicinal Plants aims to give some scientific backing to the use of healing plants and shows that many of these traditional remedies have some substance. Lavender, for example, has long been used for aiding sleep and now studies have shown it "reduces alertness and memory, while improving general contentment".

Review: The Gardener's Companion to Medicinal Plants - The ...

With most of our important drugs derived from plants including willow (used to procure aspirin) to periwinkle (used in chemotherapy to treat lymphoma) many common garden plants have provided cures in modern medicine. The Gardener's Companion to Medicinal Plants features an A-Z of over 270 lifesaving plants and 24 practical projects for making homemade teas, oils, tinctures and creams.

The Gardener's Companion to Medicinal Plants - Books from ...

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The Gardener's Companion to Medicinal Plants: An A-Z of ...

The Gardener's Companion to Medicinal Plants. 'The Gardener's Companion to Medicinal Plants' – An A-Z of healing plants and home remedies – is a beautifully illustrated reference book that will be a welcome companion to those of us interested in the health giving properties of plants. It provides gardeners with

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And Home Remedies Royal Botanic Gardens Kew
an overview of plants used in traditional medicine and it is, quite frankly, fascinating.

The Gardener's Companion to Medicinal Plants

Of the 277 plants profiled in The Gardener's Companion to Medicinal Plants, there are 24 which have been particularly highlighted and a recipe included which you can try at home. I am quite taken with the Rosemary infused oil which is meant to be good for muscular problems and I love the idea of using plantains to make a balm to relieve the itching from bites, stings and nettle rash although having got rid of my lawn I'm not sure where I will find enough plantain.

Book Review: The Gardeners Companion to Medicinal Plants ...

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