



# **HANDMADE MEDICINES**

Simple Recipes for Herbal Health



**43 EASY RECIPES**

**SAFE, NATURAL REMEDIES  
FOR EVERYDAY AILMENTS**

**CHRISTOPHER HOBBS, L.Ac.**



# Handmade Medicines Simple Recipes For Herbal Health

**Michal Rosen-Zvi**





## **Handmade Medicines Simple Recipes For Herbal Health:**

**Handmade Medicines** Christopher Hobbs,1998      The Desktop Guide to Herbal Medicine Brigitte Mars,2014-11-01  
Detailed description of more than 180 herbs with a broad range of information on each including historical and current medical uses edible properties natural range and more      *The Seaweed Beauty Guide: Simply Natural! Luxurious, Homemade, Ph-Balanced Skin Care.* Clayton Tylor,2013-03-13 Seaweed Jelly The Beauty Elixir Seaweed contains the world's most luxuriant gels used in everything from toothpaste moisturizers shampoos and the more expensive cosmetics However all the seaweed gels get extracted by using harsh chemicals Yet the simplest way to obtain them in their purest form without chemicals is to make them yourself This book contains simple recipes that are easy to understand and the results are pure natural seaweed serums and jellies beyond anything your skin has ever felt Learn to make your own non toxic pH balanced skin care products that are safe for the whole family for just pennies a day If you do nothing more than add seaweed Serum to your store bought liquid hand soap hair shampoo or bath it is well worth it smoother softer skin every time you wash This book will appeal to the natural beauty enthusiast looking for homemade skin care products relaxing spa therapy recipes and effective herbal medicine treatments with a slight spiritual twist on cellular regeneration Get ready to experience the pleasures that only handmade seaweed beauty serum can offer      **Natural Therapies for Emphysema and COPD** Robert J. Green,2007-04-04 The first book to address emphysema and chronic obstructive pulmonary disease COPD from a nutritional and alternative medicine approach Explains the benefits of detoxification dietary changes and food combining Details 45 suggested herbs and 26 nutritional supplements as well as information on how to stop smoking Approximately 35 million people in the United States have been diagnosed with some form of chronic obstructive pulmonary disease COPD emphysema constituting 18 million of that group Worldwide as many as 293 million people suffer with these conditions COPD is the fourth leading cause of death in America claiming nearly 120 000 lives annually Yet conventional approaches to treatment with their regimens of drugs and unceasing physical therapy provide neither cure nor significant relief In *Natural Therapies for Emphysema and COPD* Robert Green shows that alternative holistic therapies ranging from herbs to homeopathy offer great promise in relieving COPD's debilitating symptoms Starting with the basics of the physiology of respiration Green presents a comprehensive program that includes detoxification dietary changes nutritional supplements and herbal medicine breathing techniques and exercise options such as aerobics yoga qigong and tai chi and alternative therapies such as homeopathy acupuncture and massage noting how and why each therapy works He also details how to stop smoking includes resources for alternative health practitioners and provides sources for the alternative products recommended      The Desktop Guide to Herbal Medicine (Volume 3 of 3) (EasyRead Super Large 18pt Edition) ,      **Natural Herbal Recipes** Mel Hawley,2017-06-26 Feel Better Naturally With These Simple Powerful Herbal Remedies Nowadays we are more health conscious than before This is evident in the clamor for everything organic and natural Whether it is our



foods or beauty products a large number of us now stay away from artificial additives having embraced the growing trend to go natural Now when it comes to our health and well being it only makes sense to use herbal remedies which are all natural safe and affordable as opposed to expensive and risky pharmaceuticals Herbs have been in use for millions of years for treatment and consumption purposes They are proven and established natural methods for treating infections and minor ailments In this book Mel Hawley author of the Big Book of Essential Oils for Healing and The Big Book Of Essential Oil For Beauty presents safer cheaper less time consuming and highly effective ways to treat these ailments in the comfort of your home Whether you are battling a cold headache allergy fever psoriasis or weight loss you can effectively address it with herbal teas capsules syrups tinctures poultices salves compresses and many more herbal forms to improve your health This Book Also Contains In depth profiles and explanations of the 5 must have herbs and 25 of the most commonly used herbs Separate information on herbs how they work how they are used and their benefits An extensive section devoted to safety and preparation tips detailing preventative actions procedure to follow storage and labeling 145 herbal remedies to soothe and heal for common ailments and injuries naturally Different approaches to an ailment in simple and clear concise instructions Why Wait Buy Now     [The Antibiotic Alternative](#) Cindy L. A. Jones,2000-08 Offers information on different natural alternatives to using antibiotics to fight infection and maintain a healthy immune system explaining the importance of using antibiotics correctly controlling and overcome infections without antibiotics avoiding antibiotic dependency and other related topics     **Herbalism: Simple Homemade Natural Remedies for Everyday Health (Radically Improve the Effectiveness of Healing Herbs by Matching the Energetic Healing Power of Plants)** Damian Saunders,101-01-01 Discover the art of herbal healing to transform your wellness journey even if you ve never planted a seed before Are you feeling overwhelmed by the barrage of information about natural remedies and herbalism Do you need help identifying the right herbs for your health needs while balancing sustainability and personal well being In this book you will Learn about the history of witchcraft and herbalism Understand how to grow your magickal garden and take care of it including when to plant and harvest preserve and store your herbs Learn more about the magickal properties of different herbs and plant parts including their healing properties Have a collection of recipes for salves teas poultices tinctures and more for love healing protection divination wealth and much more Find out about the history of flower essences and a guide to preparing and using them Learn how to use herbs and plants for everything from love and wealth to physical and mental healing This comprehensive book delves deep into the therapeutic potential of herbs plants essential oils and natural ingredients to address a wide range of common ailments Whether you re looking to soothe anxiety boost immunity manage pain or enhance your skin care routine this book offers tried and true remedies that have stood the test of time     **Healing Herbal Teas** Brigitte Mars,2009-05-06 In Healing Herbal Teas you ll find profiles of forty five common herbs with extraordinary therapeutic potential along with advice on obtaining storing and brewing teas from them Have a specific health concern you



d like to address Author Brigitte Mars offers more than 100 simple formulas for a vast range of health concerns from relieving allergy symptoms to clearing up the skin to nourishing a growing baby in utero Want to customize your own herbal blends Mars who is often applauded for her ability to bring together the wisdom of disparate healing traditions shows you how offering basic guidelines as well as theories from different cultures and eras And as Mars explains teas are not just for sipping For treating everything from wounds and rashes to sore muscles colds and flu and dandruff try topical applications of tea [HEALING Herbal Teas \(EasyRead Super Large 18pt Edition\)](#) , **The Seaweed Compilation Diet & Beauty Guide** Clayten Tylor,2023-09-24 This Seaweed Compilation Diet or a nutritional taste enhancing jelly for soups dips and stews or a rich fat free seaweed paste which adds creamy textures to cakes puddings and breads Seaweed jelly allows you to thicken and improve the texture of all foods It enables you to mix oil and water lemon and milk even milk and oil all into a smooth rich consistency instantly The seaweed recipes explain how seaweed jelly reacts with different foods so that you can convert your own recipes to include seaweed jelly and replace high fat with improved taste and nutrition Seaweed Jelly used as a food extender will revolutionize the fast food industry for it makes your recipes less expensive and more nutritious Description The Seaweed Beauty Guide Seaweed Jelly The Beauty Elixir Seaweed contains the world s most luxuriant gels used in everything from toothpaste moisturizers shampoos and the more expensive cosmetics However all the seaweed gels get extracted by using harsh chemicals Yet the simplest way to obtain them in their purest form without chemicals is to make them yourself This book contains simple recipes that are easy to understand and the results are pure natural seaweed serums and jellies beyond anything your skin has ever felt Learn to make your own non toxic pH balanced skin care products that are safe for the whole family for just pennies a day If you do nothing more than add seaweed Serum to your store bought liquid hand soap hair shampoo or bath it is well worth it smoother softer skin every time you wash This book will appeal to the natural beauty enthusiast looking for homemade skin care products relaxing spa therapy recipes and effective herbal medicine treatments with a slight spiritual twist on cellular regeneration Get ready to experience the pleasures that only handmade seaweed beauty serum can offer [The Medicine Wheel Garden](#) E. Barrie Kavasch,2008-12-10 The American Indian medicine wheel was an ancient way of creating sacred space and calling forth the healing energies of nature Now drawing on a lifetime of study with native healers herbalist and ethnobotanist E Barrie Kavasch offers a step by step guide to bringing this beautiful tradition into your own life from vibrantly colorful outdoor circle designs to miniature dish windowsill or home altar adaptations Inside you ll find Planting guides for medicine wheel gardens in every zone from desert Southwest to northern woodlands A beautifully illustrated encyclopedia of 50 key healing herbs including propagation needs traditional and modern uses and cautions Easy to follow herbal recipes from teas and tonics to skin creams and soaps plus delicious healing foods Ideas for herbal crafts and ceremonial objects including smudge sticks wind horses prayer ties and spirit shields Seasonal rituals offerings and meditations to bless and empower your garden and your friends and much more



Practical beautiful and inspiring The Medicine Wheel Garden leads us on a powerful journey to rediscovering the sacred in everyday life as we cultivate our gardens and our souls *HEALING Herbal Teas (Volume 2 of 2) (EasyRead Super Large 24pt Edition)* , The Herbal Medicine-Maker's Handbook James Green,2011-03-09 THE HERBAL MEDICINE MAKER S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists James Green author of the best selling THE MALE HERBAL Writing in a delightfully personal and down home style Green emphasizes the point that herbal medicine making is fundamental to every culture on the planet and is accessible to everyone So first head into the garden and learn to harvest your own herbs and then head into your kitchen and whip up a batch of raspberry cough syrup or perhaps a soothing elixir to erase the daily stresses of modern life **Terapias naturales para el enfisema y la enfermedad pulmonar obstructiva crónica** Robert J. Green,2016-04-04 El primer libro que aborda el enfisema y la enfermedad pulmonar obstructiva crónica EPOC a partir de un enfoque basado en la nutrición y la medicina alternativa Explica los beneficios de la desintoxicación los cambios dietéticos y la combinación de alimentos Describe con detalle el uso de cuarenta y cinco hierbas medicinales y veintiséis suplementos nutricionales y ofrece información sobre cómo dejar de fumar Aproximadamente 35 millones de personas en Estados Unidos han sido diagnosticadas con algún tipo de enfermedad pulmonar obstructiva crónica EPOC y entre ellas hay 18 millones que padecen de enfisema A nivel mundial hay unos 293 millones de casos con esas dolencias La enfermedad pulmonar obstructiva crónica es la cuarta causa principal de muerte en Estados Unidos con casi 120 000 decesos anuales A pesar de los tratamientos convencionales con sus regímenes de medicamentos e incesantes terapias físicas no han aportado ninguna cura o un alivio significativo para el mal En Terapias naturales para el enfisema y la enfermedad pulmonar obstructiva crónica Robert Green muestra cómo las terapias holísticas alternativas que van desde el uso de hierbas medicinales a la homeopatía son una gran promesa en el alivio de los síntomas debilitantes de la EPOC Comenzando con los elementos básicos de la fisiología de la respiración Green presenta un programa abarcador que incluye la desintoxicación cambios en la dieta suplementos nutricionales y medicina herbaria técnicas de respiración y opciones de ejercicios como yoga qigong y el Tai Chi así como terapias alternativas tales como la acupuntura homeopática y los masajes y explica cómo y por qué funciona cada tipo de terapia También especifica cómo dejar de fumar incluye sugerencias para hallar profesionales de salud alternativa y aporta fuentes para los productos que recomienda

*Your Natural Medicine Pharmacy by Prof. Dr. Mohammad Mojibul Haque* , Dear readers as I have told you in my previous book my passion for health and wellness was born from my own struggle to regain it In 2009 I was diagnosed with rheumatoid arthritis a turning point that transformed my approach to health and healing Conventional treatments including biologic drugs and steroids provided temporary relief but came with long term complications In search of alternatives I dove into integrative holistic medicine a journey that transformed my life By addressing the root causes of my disease through natural remedies nutritional adjustments and lifestyle changes I regained my health and discovered the profound healing



power of nature This revelation ignited my passion for deeper learning leading me to pursue advanced studies in Nutrition in Health and Wellness at Harvard University and to continue my training at Harvard Medical School These experiences reinforced my belief that true wellness lies in understanding and harnessing the gifts of nature This book is a continuation of that journey Here I have carefully curated a selection of ancient remedies simple yet powerful solutions that can be prepared in the comfort of your own home My goal is to provide you with practical knowledge helping you reconnect with the wisdom of natural healing By embracing these ancient traditions you will gain the tools necessary to foster your well being and enhance your understanding of how nature can work in harmony with your body May this book serve as a guide and inspire you to explore learn and incorporate these remedies into your daily life to achieve lasting health and vitality Prof Dr Mohammad Mojibul Haque Houston Texas 2025 [www.drhaque.net](http://www.drhaque.net)

**Hands-On Healing Remedies** Stephanie L. Tourles, 2012-12-14 Keep your family healthy and chemical free by making your own natural remedies Stephanie Tourles offers 150 original recipes for herbal balms oils salves liniments and other topical ointments to treat a wide range of conditions This comprehensive guide is filled with safe and effective cures for scores of common ailments including headaches backaches arthritis insomnia splinters and more Take control of your well being and stock your family's medicine cabinet with gentle all natural homemade healing formulations

[The Complete Guide to Herbalism, Herbal Medicine & Tinctures for Beginners 2-in-1 Collection](#) Elvira Delgado, 2024-11-28 Two Powerful Herbalism Guides in One Collection Unlock Nature's Secrets for a Healthier More Balanced Life Do you feel overwhelmed by conflicting advice about natural remedies or discouraged by the side effects of modern medicine Have you always wanted to create your own herbal remedies but felt unsure where to start Are you eager to embrace a healthier more sustainable lifestyle that aligns with nature's rhythms The Complete Guide to Herbalism Herbal Medicine Tinctures for Beginners 2 in 1 Collection combines two books into one essential resource offering you everything you need to master herbalism from ancient wisdom to practical hands on techniques What You'll Gain From This 2 in 1 Collection Discover the Rich History of Herbalism Explore the fascinating origins and cultural significance of herbal medicine and why it's making a modern comeback Master the Art of Tincture Making Step by step instructions to create potent natural remedies tailored to your unique needs Learn Practical Applications of Herbs From teas and tinctures to culinary uses and skincare routines discover versatile ways to integrate herbs into your life Craft Natural Remedies for Common Ailments Effective solutions for digestive issues inflammation better sleep and stress relief Enhance Emotional and Mental Wellness Harness the power of adaptogenic herbs for mood enhancement anxiety relief and mental clarity Tailored Advice for Everyone Includes dedicated sections for women's health men's vitality and holistic beauty Build Confidence in Herbalism Learn ethical sourcing proper harvesting techniques and safe storage practices to ensure the quality and sustainability of your remedies Create a Thriving Herb Garden Design and maintain a garden that provides fresh organic herbs all year round This 2 in 1 collection bridges ancient herbal wisdom with



actionable practices offering clear beginner friendly guidance to help you embrace natural remedies and holistic living Whether you want to enhance your health reduce dependency on synthetic medications or simply reconnect with nature this book will guide you every step of the way Transform your approach to wellness with this all in one guide Whether you re just starting your herbal journey or looking to deepen your expertise this collection is your ultimate companion Start Your Herbal Journey Today and Grab Your Copy to Unlock the Secrets of Ancient Remedies      **The Home Apothecary** Barrett Williams,ChatGPT,2024-04-18 Step into the Healing World of Herbal Medicine with The Home Apothecary Are you ready to unlock the ancient secrets of healing and embrace the power of nature s medicine cabinet Look no further than The Home Apothecary your guide to converting your living space into a sanctuary of wellness Dive into the rich history of herbal remedies and understand their relevance in today s fast paced world Let this book be your roadmap to exploring the countless benefits of crafting your own herbal medicine This knowledge packed tome isn t just a book it s a transformational journey guiding you through the essential concepts and language of herbs Shed light on the science behind herbal remedies and arm yourself with crucial knowledge about dosage and safety guidelines Journey through the pages and discover how to create the perfect herbal workshop right in your home Learn which tools are essential and how to source the highest quality herbs ethically and sustainably The Home Apothecary is more than just a compendium of information it s a hands on manual to curate your very own herbal pantry It meticulously outlines how you can blend concoct and infuse herbal teas that not only taste delightful but also offer health benefits from relaxation to digestion Master the art of making tinctures and tackle common challenges Whip up salves and balms that attend to skin irritations while calming your senses This guide delves into the crafting of syrups elixirs infused oils and capsules tailored to your wellness needs Witness powerful herbal extracts come to life in your kitchen and cultivate healing poultices that have stood the test of time The soothing aromas of your very own artisanal bath blends will turn a simple soak into an experience of rejuvenation From nurturing tonics to the nuances of fermenting herbs for gut health you ll thrive making hydrosols and even grow and harvest your own herbs all with The Home Apothecary by your side Expand your knowledge with advanced distillation techniques personalize herbal formulas and support health for all ages and stages of life Conclude your journey with insights into the future of herbalism building a vibrant community of like minded herbal enthusiasts and resources to further hone your craft Begin your herbal adventure today Whether seeking remedies for minor ailments or integrating herbal practices into your daily life The Home Apothecary is your all encompassing guide to a more natural health focused way of living Embrace your new path of healing the herbal way      *THE NATURAL WAY - HOMEMADE REMEDIES FOR 99 DISEASES* Dalia Hassanain,2025-08-06 With so many people seeking alternatives to chemical based treatments and expensive medications I wanted to create a simple accessible guide that empowers individuals to take care of themselves and their families using ingredients they already have at home This book is a reflection of my passion for natural healing and it combines traditional knowledge with effective solutions for



everyday health concerns In crafting this book I explored the rich heritage of ancient healing traditions from the wisdom etched into the medical papyri of ancient Egypt to the groundbreaking insights of Islamic scholars who shaped the course of medicine I found deep inspiration in the works of the great Ibn Sina whose influence echoed across continents as well as the botanical mastery of Ibn al Baytar and the practical remedies of Dawud al Antaki Their timeless knowledge continues to speak to us today offering natural solutions rooted in history culture and the enduring power of nature Wishing you an enriching reading experience



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