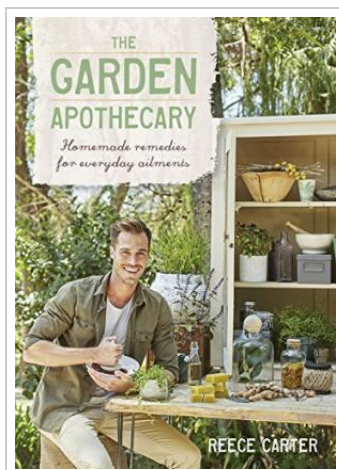




THE GARDEN APOTHECARY

By Reece Carter

Harlequin, 2017. Paperback. Condition: New. 1. Herb Nerd Reece Carter makes herbal medicine new again with this vibrant guide to making your own clean and natural remedies for everyday ailments and beauty needs. Reece Carter is the next Jamie Durie meets Jamie Oliver Homemade remedies for everyday ailments Health and wellness is a booming sector in Australia. We eat clean and we detox our pantries. But what about our medicine cabinets and the lotions and potions we use on our skin? Shouldn't we take as much care with those as we do with food? In The Garden Apothecary, Herb Nerd Reece Carter shows you how to grow and make your own gentle herbal remedies, taking you right through from growing your own plants to concocting your own tinctures and ointments. Using forty of his favourite recipes, Reece reveals how you can use organic raw ingredients to relieve a wide range of everyday ailments, naturally. The Garden Apothecary reveals how natural remedies can help you: boost your immunity and fight flus and colds? relieve stress and sleep issues? improve your digestion and gut health? increase your vitality and libido; and? resolve skin and beauty problems. This book will inspire you to take...



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