



## Synopsis

Promote vibrant health and radiant beauty, soothe everyday ailments, and ease persistent stress with these simple, natural cures for everything from dry skin and infant colic to cold symptoms and insomnia. Renowned herbalist Rosemary Gladstar provides 175 proven therapies and herbal remedies that are easy to prepare and safe enough for children. Offering a potent and effective alternative to commercial pharmaceuticals, Gladstar will inspire you to nurture yourself and those you love with nature's healing herbs.

## Book Information

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Average Customer Review: 4.8 out of 5 stars See all reviews (533 customer reviews)

Best Sellers Rank: #2,518 in Books (See Top 100 in Books) #1 in Books > Parenting & Relationships > Family Health #7 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #93 in Books > Religion & Spirituality > New Age & Spirituality

## Customer Reviews

This is a great reference book to have. I love the paperback version and I like the recipes. However, I also bought Rosemary Gladstar's Family Herbal, different title and different cover, thinking it was a different book. It is the EXACT same book page for page. So don't buy both.

I am new to the world of herbalism and have just begun exploring this ancient wisdom. This is the sixth book I have read on the topic. I am excited to try many of the recipes and have already ordered a few bulk herbs to make a few tinctures to treat the inevitable colds my household will suffer this winter. I am in awe and completely overwhelmed by the vast knowledge of Gladstar and authors like her. This was an enjoyable book to read. That being said, I do have one critique of the book (or maybe the lifestyle suggested by the book, not sure which). The author suggests that readers ingest so many tinctures, tonics, teas, foods, etc... each day that I wondered how anyone could live this "natural" lifestyle without getting sick to their stomachs or becoming bankrupt. If I

followed the advice in the book, I'd have neither the time nor money to do much else. Who has the time to make and drink several cups of several kinds of tea each day?? This is not realistic for a working mother with 4 children like myself. I understand that perhaps this is not what the author intended, but she does not really give clear advice as to how someone like me (who cannot buy 100 herbs and eat/drink them all day) can put together a sensible and affordable regimen. All in all, great book. I will seek out others by this fascinating writer.

Rosemary Gladstar is in my opinion one of the "true" people in healing. She offers information in the manner of one who wants to share rather than with hold or profit. I believe her work with Seed Savers supports my view. This paper back book which I bought for less than fifteen dollars is a treasure trove of information. She wants people to understand plants and use them for good . She also communicates the need for respecting the plant world which is after all part of our world. Her recipes are clear and easy to follow. Her books are always near at hand and I use them often. This is a true bargain and a good investment. Thank you Rosemary!!!!

I was an internet herbalist before I purchased Herbal Recipes for Vibrant Health by Rosemary Gladstar. I would devour her lovingly crafted passages while at work, day after day. On the second or third reading of this book, she came into the cafe where I work. I was able to make her a tea, give her a hug, and allow her to beam her light into my life. After that meeting I decided to put a few roots into this herbal study and make it mean something - I read every book I could get my hands on, attended every class I could afford (and some I couldn't, but made them happen regardless!), and grew into this wonderfully healing world. This book was the stepping stone I needed to invigorate a passion I couldn't yet define. I am grateful to her, and to this book. It is still the one I reach for first, and the one I reference when helping friends or family. Thank you, Rosemary, and thank you to those who encouraged you to write this book. It is a cherished piece of my herbal library.

I love this book so much. My poor copy is dog-eared, book marked, high lighted and noted so much already! If you are interested in learning how to take care of yourself without harmful OTC medications, toxic body care products and dangerous modern medical remedies, check this book out. As it says, it has 175 recipes for everything you need: teas and tinctures for mental and physical health, lotions and potions for your body, and simple salves, ointments and balms for everyday bites, bumps, cuts and bruises. I would also recommend [...] for buying the herbs needed in these recipes. They sell organic and wildcrafted herbs and EVERYTHING you need to make the recipes

in this book. Enjoy your new craft! :)

I am a student of naturopathy and herbalism. This book was recommended by one of my herbal teachers in Charlottesville, VA. I have used it many times. The recipes are great! It is an informative book with an herbs listing in the back with descriptions and uses, (other books go into greater detail but this is a good supplement to those texts) recommended general dose amounts for adults and children and includes a helpful equivalents chart. It simply teaches how to make tinctures, syrups, salves, decoctions and infusions AND MORE. It has informative sections for Everyday Ailments, Women, Men, Children and Elder Care. It is well written and easy to use. It is very practical even if you have no prior experience. I give this book a five star thumbs up rating.

Of all the herbal books I own (and I own many....) this is on the list of one of my absolute favorites. I've made many of the herbal "recipes" Rosemary lists for different ailments me or my friends have had, or even just for fun or for health up-keep. They are accessible and effective. Rosemary Gladstar has a wonderful spirit that comes out in her writing and her love of the green world seeps out of the pages.... I reference this book very, very often. I consider it a must have and full heartedly recommend this wonderful book. Thank you Rosemary Gladstar!

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