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# The Herbal Medicine Cabinet: Preparing Natural Remedies At Home



## Synopsis

Softcover Book

## Book Information

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## Customer Reviews

This book is exactly what I was looking for. As a student of alternative medicine, this will be a great addition to my "health library". There is a check list for one's herbal first aid kit/medicine cabinet, very concise and easy to follow directions, a little history of the herbs, a list of ailments and what to use. The ingredients for the most part are easy to get your hands on and if you can't seem to find what you are looking for--there is an extensive resource guide that includes everything Debra St Claire has discussed in the book! Lip balms, salves, deodorants, mouth washes, baby products---you name it and you will most likely find it in this book. If I were to choose one book to start me on the path to health alternatives, this would be the one I would choose. Five star? No. How about a six!

Debra St. Claire (formerly Debra Nuzzi) did a series of videos with a book inside of it that was the basis for this book. Ms. St. Claire expanded the material and has made a very easy to understand and accessible book for both the beginner and advanced medicine maker. I had the pleasure of seeing Debra at Herfest a couple of years ago, and she is a fantastic teacher! This book is certainly something every herbalist or anyone interested in natural healing should own.

I am a clinical herbalist of over 20 years experience and I have recommended it for years to

beginning herbalists. I find this to be one of the best texts for learning how to make tinctures, syrups, lozenges, lip balms, salves, and other preparations. Debra St. Claire uses easy to find ingredients, takes you step by step through preparation and gives you good solid recipes. She shows you how to do the tincture math so that your preparations don't mold. (If you intend to pour vodka over mint or lemon balm leaves you better know how much water is in the leaves! And if you want to get the resins out of St. John's Wort, you better have access to high alcohol like Everclear or Baccardi 151.) This is the ultimate, hands-on herbal and will either be sufficient for family treatment or stand as a first step for people who want to learn western herbalism. I also suggest it for Chinese herbology students who don't learn all of the hands on techniques outside of decoction. Well worth the money.

I was given a digital copy of this book as part of an herbal study program, and was immediately impressed by it. Since I also make herbal remedies, tinctures, balms, etc. for sale at our local farmer's market, I was able to recognize that the information given by Ms. St. Clair was thorough, concise, informative, extensive, and extremely useful. This is a book for the making of remedies in many different forms. It isn't a 400 page encyclopedic herbal, like Mrs Grieve's or Dr. Christopher's, or even a short course like Dr. Shook's or Kloss's Back to Eden. There are some excellent formulae in it, but it is specifically a book to teach remedy making. The information in the appendices alone is worth the price of the thing. I was so impressed that I had to purchase a hard copy. It will be part of my reference library for the foreseeable future. Thanks for such a lovely book, ma'am.

Heal yourself, know how to manage your own health & wellness issues, get off the big pharma teat, assert personal health freedom with this most excellent instruction manual, an essential volume for your wellness DIY library, resource center.

I found this manual to be extremely useful because it has simple recipes for a novice to practice and learn. There are also more difficult recipes for the more advanced. These recipes cover about every form of medicinal application; fomentations, ointments, tinctures, lotions, salves, teas, etc.

Trying to get away from today's synthetic medicines and treatments. I have a lot to learn about herbal medicine--feel like I am a kindergartner in knowledge. Already having some success with herbal medicine.

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