

Download Rosemary Gladstar's Herbal Remedies For Children's Health

Herbal remedies can provide safe and effective treatment for common childhood ailments ranging from diaper rash and teething to sore throats and conjunctivitis. In this Storey BASICS® guide, Rosemary Gladstar shows you how to prepare soothing salves, syrups, tablets, and teas that support children's health. This book is very detailed, for example - did you know Stevia (besides being a natural sweetener) is used for pancreatic imbalances and/or diabetes blood sugar regulation. Use this resource for teas, tinctures, rubs, and other combinations of natural herbal remedies for children's health. *I received an ARC in exchange for an honest review. 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. Rosemary gives you natural remedies to common ailments that children suffer from. Her books are easy to read and comprehend and a valuable addition to any herbal library. I can't say enough good things about her books: she gives you recipes to follow, ways to prepare herbal concoctions in various forms using a variety of bases and her writing is very down to earth.