



Healing Herbs for Women: A Guide to Natural Remedies

Deb Soule

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More than just a how-to book, *Healing Herbs for Women* is a handbook of empowerment and knowledge that every woman should own. Herbs have a long history of being used for medicinal purposes around the world. But they are more than just health aides—using herbs nourishes a relationship with the earth as well as with one's own body. In addition to outlining practical guidelines for planting and harvesting, this book addresses healing completely in emotional and psychological form, with a specific emphasis on each woman's spiritual journey.

Understanding and using herbs is both an art and a science. By selecting herbs that address the needs of the whole person, not just specific symptoms, you can restore the balance and harmony of your physical and mental health. *Healing Herbs for Women* provides instructions for practical day-to-day remedies, including salves, tinctures, and teas, and advice for learning how to start an organic garden, gather your herbs and flowers, and prepare them. If you do not want or are unable to grow your own plants, there is a resource list for sources of high-quality organic and wild-harvested herbs. Whether you are new to herbs or a seasoned gatherer, use this book to increase your connection with nature and your soul.

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