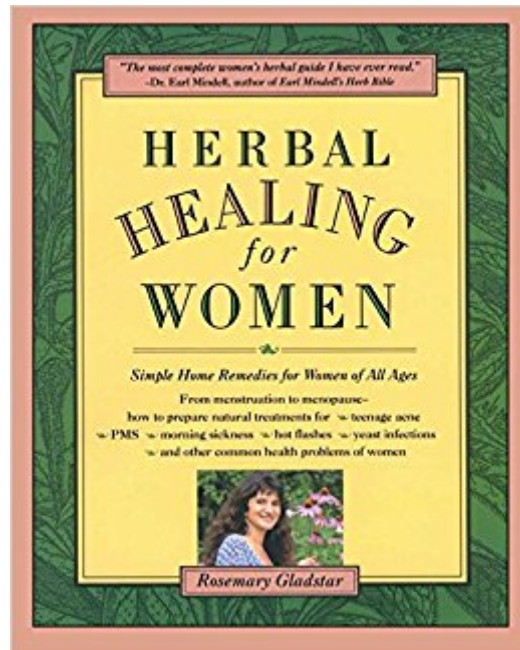




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# Herbal Healing For Women



## Synopsis

Simple, safe, and effective herbal remedies for women of all ages. For centuries women have turned to herbs to cope with a wide variety of health problems and conditions. Comprehensive and easy-to-use, *Herbal Healing for Women* explains how to create remedies—including teas, tinctures, salves, and ointments—for the common disorders that arise in the different cycles of a woman's life. Covering adolescence, childbearing years, pregnancy and childbirth, and menopause, Rosemary Gladstar teaches how herbs can be used to treat the symptoms of conditions such as acne, PMS, morning sickness, and hot flashes. A complete women's health-care manual, *Herbal Healing for Women* discusses: -common disorders and the herbs that are effective for treating them -how to select and store herbs -preparation of hundreds of herbal remedies -an alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects. By explaining the properties of specific herbs and the art of preparation, Rosemary Gladstar demonstrates not only how to achieve healing through herbs but good health as well.

## Book Information

Paperback: 304 pages

Publisher: Touchstone; First Edition edition (November 10, 1993)

Language: English

ISBN-10: 0671767674

ISBN-13: 978-0671767679

Product Dimensions: 7.4 x 0.8 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 112 customer reviews

Best Sellers Rank: #79,904 in Books (See Top 100 in Books) #96 in Books > Health, Fitness & Dieting > Alternative Medicine > Holistic #126 in Books > Health, Fitness & Dieting > Alternative Medicine > Herbal Remedies #245 in Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

Comprehensive and easy-to-use, *Herbal Healing for Women* explains how to create remedies -- including teas, tinctures, salves and ointments--for the common disorders that arise in the different cycles of a woman's life. A complete women's health-care manual, this book discusses: common disorders and the herbs that are effective for treating them how to select and store herbs

preparation of hundreds of herbal remedies an alphabetical listing of herbs, including a brief description of the herb, the general medicinal usage, and when necessary, warnings about potential side effects. It is this emphasis upon safe herbology that impressed me most about this book; for example, Gladstar very carefully distinguishes between the safe external applications of Pennyroyal herb and potentially lethal internal misuse of Pennyroyal oil.

Gladstar points out that "there's a natural affinity between women and the plant world." Her own background includes individual experience with herbs, running a school of herbalism, and managing a herbal store; and her book (which does not identify plants) illustrates many of her resultant theories, attitudes, and practices. After introducing us to herbalism and describing the preparation of remedies and aids, she turns in the next four parts of the book to the subject of women and herbs according to "moon-time" in women's lives: early maturity, the childbearing years, pregnancy and childbirth, and menopause. The strong influence of woman's relationship to the earth's annual cycle pervades the text; a particularly beautiful example occurs in the discussion of the menarche and a lunar festive tea. Gladstar does admonish seeking professional help at times and, moreover, in a practical way rather than merely as an afterthought. Several appendixes provide additional information. William Beatty

Love Rosemary and her writing is just captivating. I appreciate that it's full of interesting back stories and history to help readers fully understand and grasp the art of herbal healing. Great recipes and information, very easy to read, and nicely organized!!

I borrowed this book from a friend and used it so many times. She asked me if I still had it after about a year (oops), so I decided to buy my own copy so she could have hers back. The amount of information in this book is amazing. Every possible thing that could go wrong with a woman in her every day life has a remedy that is natural. I hate taking medicine and this book has all the answers that I was looking for. Now I am pregnant and it has a whole section on Pregnancy and post partum care. I loved this book so much that I also ordered Rosemary Gladstar's herbal remedies for Children.

Wonderful. Very informative, a real treasure. I do wish there were color plates of the herbs mentioned, or identifying factors, but this book is so jammed full of good info that I can easily find a field guide to accompany it. Buy it. I really love that the author values different healing methods and

shows respect for them rather than promoting her particular area of expertise at the expense of others. This book is a well rounded tool to help in maintaining a healthy lifestyle.

Another one of my favorites truly, one of the rare classics! Rosemary isn't called the Godmother of Modern Herbalism for nothing! Well written, informative, honest, easy to follow step by step instructions with great tried & true recipes. She traces the roots of herbalism through modern times, including how herbalism and western medicine can work together synergistically, you need not chose between modern medicine and herbal medicine. She explains how to select, purchase, gather, store, prepare & use a multitude of plants. You couldn't ask for a more informative book relating to women's health, it covers ALL aspects of a woman's life from the early years through menopause. An invaluable book in my herbal library, one of the first I reach for.

It's informative. It looks to be a bit hard to follow. I will need more time to look at this book.

Most excellent read and resource! This is my second copy, gifted one to a client!

This is a great book on herbal health for every stage of a woman's life! The book is full of many years of Rosemary's experience and wisdom in herbal healing. I purchased this book because my daughter and I struggle with ovarian cysts and yeast issues. I am looking forward to making the very doable recipes provided and getting us both on track to great health! You will love this book if you are interested in how to make your own herbal teas, tinctures, infusions and salves to support your body!! It is definitely one of my favorite herbal books!

Served it's purpose. I'd recommend this.

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