



Herbal Remedy Gardens: 38 Plans for Your Health & Well-Being

Dorie Byers

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Herbal Remedy Gardens: 38 Plans for Your Health & Well-Being Dorie Byers

Enhance your health naturally with herbs from your own garden. In this easy-to-use guide, Doris Byers offers simple instructions for growing, harvesting, and making healing mixtures from a variety common medicinal herbs, such as garlic, chamomile, and echinacea. Illustrated plans for 38 health-care themed designs include the Cold and Flu Garden, the Healthy Heart Garden, and the Rejuvenation Garden. You'll be sure to find the right mixture of herbs to cure whatever ails you!

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