



# The Green Witch Herbal: Restoring Nature's Magic in Home, Health, and Beauty Care

*Barbara Griggs*

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As we seek more natural alternatives to harsh synthetic products, we are learning a new and healthy respect for the traditional wisdom our ancestors took for granted. Women are rediscovering their foremothers' "green witchcraft"--the use of flowers, leaves, berries, roots, and barks in home and garden, for hygiene and beauty, for pleasure and for health. Now, that lore may be found in this modern source book of the domestic use of herbs. Full of practical advice and fascinating historical insights, this delightful book shows you how to tap into the astonishing power of plants and herbs.

Includes recipes for a variety of remedies and personal care products, and devotes a chapter to the creative use of herbs in the kitchen for cooking and as natural cleansers and disinfectants.

Griggs' best-selling and widely-praised *Green Pharmacy* is considered the standard work on the history of herbal medicine.

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The Green Witch Herbal: Restoring Nature's Magic in Home, Health, and Beauty Care can be one of your beginner books that are good idea. We all recommend that straight away because this e-book has good vocabulary that can increase your knowledge in vocab, easy to understand, bit entertaining but nonetheless delivering the information. The article writer giving his/her effort to get every word into pleasure arrangement in writing The Green Witch Herbal: Restoring Nature's Magic in Home, Health, and Beauty Care yet doesn't forget the main level, giving the reader the hottest and based confirm resource facts that maybe you can be certainly one of it. This great information may drawn you into completely new stage of crucial thinking.

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