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Herbal Goddess: Discover the Amazing Spirit of 12 Healing Herbs with Teas, Potio

By Jirsa, Amy.

Storey. 1 Paperback(s), 2015. soft. Book Condition: New. Take control of your mental, physical, and spiritual health, advises herbalist and yoga instructor Amy Jirsa, by tapping into the restorative powers of nature. With infectious enthusiasm, Jirsa also the host of the blog QuietEarthYoga.com introduces 12 versatile herbs: calendula, chamomile, cinnamon, dandelion, echinacea, elder, ginger, holy basil, lavender, nettle, rose, and turmeric. She explains how to incorporate their benefits into your everyday routines, providing recipes for healing teas, nourishing foods, and rejuvenating treatments for skin and hair, as well as yoga poses, potions, and meditations. "A delightful invitation into the magic, healing power, and joy of herbs. A truly wonderful book that will entrance those just beginning their herbal journey." Rosemary Gladstar 256.



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