



100 Plants that Heal

The illustrated herbarium of medicinal plants

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Description

Discover 100 common medicinal plants and how to use them for healing and self-care with this sumptuously illustrated guide.

Thanks to exceptional photographic plates showing detailed views of all parts of the fresh plant, you will quickly learn to recognize them when out foraging. For any plant lover or green witch, the beautiful photographs make this book an absolute treasure.

Discover the fascinating history of these plants, their active components and therapeutic properties, and learn how to prepare safe herbal remedies including infusions, tinctures, oils and lotions. This journey into plant-based wellbeing is guided by a respected ethnobotanist and doctor of phytotherapy, meaning you can grow your knowledge of this natural science with complete confidence.

At the end of the book, you'll find all the tips for collecting and preserving plants while being an environmentally responsible picker, ensuring you always show respect to nature and its 'magical' healing powers.

This magnificent book will satisfy all your curiosities about healing plants and become your essential companion to herbal medicines and natural beauty products.

About the Author

François Couplan is an ethnobotanist and specialist of the traditional uses of wild and cultivated plants.

Gérard Debuigne is a doctor who specialises in phytotherapy and nutrition.

Example spreads from the book

