



## 50 Plants That Heal Card Deck

Discover medicinal plants

**François Couplan, Gérard Debuigne**

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### Key Selling Points

- Illustrated card deck detailing 50 medicinal plants and their healing properties
- Features detailed botanical plates, which make identifying different plants easy
- Includes recipes for plant-based remedies for minor ailments, use in the kitchen and natural beauty products
- Written by a respected ethnobotanist and doctor specializing in phytotherapy.

### Description

**Discover 50 common medicinal plants and how to use them for healing and self-care with this sumptuously illustrated card deck.**

Thanks to photographic plates showing detailed views of all parts of the fresh plant, you will quickly learn to recognize them when out foraging. 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.

The plants are ordered alphabetically, and each species has its own card packed with information. You'll find suggested treatments for nausea, coughs, colds and flu, acne, burns, bites and sprains, as well as ideas for pain relief, skincare and aids for digestion, stress, sleep and more.

The accompanying booklet offers a practical guide for budding herbalists, featuring useful tips for picking and preserving plants while being an environmentally responsible picker. The healing properties referenced for each plant are explained alongside a glossary of botanical terms to ensure that everything is clear for complete beginners. This magnificent card deck will satisfy all your curiosities about healing plants and become your essential companion to herbal medicines and natural beauty products.

### About the Authors

**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.