



## The Holistic Gardener: Natural Cures for Common Ailments (Hardback)

By Fiann O Nuallain

The Mercier Press Ltd, Ireland, 2016. Hardback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book. A handy pocket-size guide to natural remedies from your garden and store-cupboard for complaints ranging from coughs and colds to aches and pains that allows you to save money and avoid taking mass-produced chemicals on a regular basis. Fiann gives simple step-by-step instructions to make straightforward salves and ointments, teas, rinses and syrups that will fill the first-aid cupboard, as well as identifying plants that can be used straight away with no preparation required. Fiann's singular knowledge of the properties and uses of herbs, fruit and flowers from the garden makes fascinating reading, as well as having extensive practical applications.



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