



Homemade Health (Herbology at Home)

Anke Bialas

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Homemade Health is a collection of home remedies straight from a time, not so long ago, when people went to their garden or kitchen pantry before going to a doctor.

Some tried and true, some quirky, but all based on natural remedies your grandmother knew and most likely used on a regular basis.

- Healing properties of common culinary herbs
- 43 common ailments
- 160+ remedies with recipes
- Common & botanical names
- Harvesting & preserving
- Making herbal remedies at home

Herbal traditions run in Anke Bialas' blood. She spent her childhood learning traditional Germanic herb lore from her paternal grandmother, who learned from her own mother before her. Anke now lives in Brisbane, Australia with her husband and 3 boys where she continues to teach about herb use on *Herbology.com.au*, reconnecting people with old world health traditions. Anke focuses on simple, effective remedies with an emphasis on common sense and safety.

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Alice Wilkerson:

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Rose Miller:

Nowadays reading books become more than want or need but also be a life style. This reading routine give you lot of advantages. Advantages you got of course the knowledge the actual information inside the book that will improve your knowledge and information. The details you get based on what kind of guide you read, if you want have more knowledge just go with education books but if you want sense happy read one together with theme for entertaining including comic or novel. The actual Homemade Health (Herbology at Home) is kind of reserve which is giving the reader unforeseen experience.

Eric Bittinger:

Playing with family within a park, coming to see the marine world or hanging out with pals is thing that usually you could have done when you have spare time, then why you don't try point that really opposite from that. One particular activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Homemade Health (Herbology at Home), you can enjoy both. It is fine combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't obtain it, oh come on its identified as reading friends.

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