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### Herbal Alchemists Handbook

An herbal magick grimoire of philtres, elixirs, essential oils, incense, and formulas with dozens of recipes from a trusted author. Herbs have been used for medicine, magic, and ritual for centuries. The ancient arts of herbal alchemy and herbal magick combine the healing and energizing effects of herbs (roots, leaves, flowers, resins, and essential oils) with the cycles of the natural world - the astrological movement of the stars and planets, and the cycles of the earth's seasons. In this easy-to-use compendium of herbs and their energy associations, master herbalist and magick practitioner Karen Harrison offers formulas anyone can use to obtain courage, creativity, lasting health, prosperity, and enhanced psychic and spiritual powers. Harrison shows how to select herbs based on their astrological associations as well as their medicinal properties. With a materia magica of more than 150 herbs and a multitude of recipes, readers will learn how to blend incense, ceremonial oils, bath salts, herbal amulets, fluid condensers, and herbal philtres and how to use them in meditation, ritual, or energy work.

Herbs have been used for medicine, magic, and ritual for centuries. The ancient arts of Herbal Alchemy and Herbal Magick combine an understanding of the healing and energizing effects of herbs (roots, leaves, flowers, resins and essential oils) with an understanding of the cycles of the natural world--the astrological movement of the stars and planets, and the cycles of the earth's seasons. In this easy-to-use compendium of herbs and their energy associations, master herbalist and magick practitioner Karen Harrison offers formulas anyone can use to obtain courage, creativity, and lasting health, and to increase prosperity and to enhance psychic and spiritual powers. Harrison shows how to select herbs based on their astrological associations as well as their medicinal properties. With a materia magica of more than 150 herbs and a multitude of recipes, readers will learn how to blend incense, ceremonial oils, bath salts, herbal amulets, fluid condensers, and herbal philtres; and how to use them in meditation, ritual, or energy work. Discover the best herbs to improve any area of your life!

Formerly handed down under oath of secrecy, this clear, concise handbook discusses: the fundamental principles of alchemy; directions for the formation of an inexpensive home laboratory, with illustrations of the necessary equipment; step-by-step instructions for the work of the Lesser Circulation, the alchemical transformation within the plant kingdom?the necessary prerequisite for any work in the mineral kingdom.

Did you know there's a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for: Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . . Alchemy of Herbs will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that's as simple and inexpensive as cooking dinner. With the guidance of herbalist Rosalee de la Forêt, you'll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family. In addition to offering dozens of inspiring recipes, Rosalee examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics. Grow your knowledge of healing herbs and spices, and start using nature's pharmacy to feed, heal, and nurture your whole family!

### The Herbal Medicine-Maker's Handbook

THE HERBAL MEDICINE-MAKER'~?S HANDBOOK is an entertaining compilation of natural home remedies written by one of the great herbalists, James Green, author of the best-selling THE MALE HERBAL. Writing in a delightfully personal and down-home style, Green emphasizes the point that herbal medicine-making is fundamental to every culture on the planet and is accessible to everyone. So, first head into the garden and learn to harvest your own herbs, and then head into your kitchen and whip up a batch of raspberry cough syrup, or perhaps a soothing elixir to erase the daily stresses of modern life.

Discusses the concepts, principles, processes, and applications of spagyrics, the preparation of products from medicinal plants using alchemical methods.

Weaving together herbal and medical traditions from around the world into a singular cohesive model, this groundbreaking book guides herbal practitioners to a comprehensive understanding of the practice and philosophy of healing with herbs. Sajah Popham presents an innovative approach to herbalism that considers the holistic relationship among plants, humans, and the underlying archetypal patterns in Nature. Organized in five parts moving from the microcosmic to the universal, this work explores a unique integration of clinical herbalism, Ayurveda, medical astrology, spagyric alchemy, and medical and esoteric traditions from across the world into a truly holistic system of plant medicine. A balance of the heart and the mind, the science and spirit of people and plants, Evolutionary Herbalism provides a holistic context for how plants can be used for transformational levels of healing for the body, spirit, and soul. For both the student herbalist and experienced practitioner, Popham's original perspectives guide readers to a more intimate, synergistic, and intuitive relationship with the plant kingdom, people, and Nature as a whole.

Every day diseases. Herbal recipes. Your complete resource to start feeling your best, naturallyEach time a cough, fever, headache or other regular ailment hits, several people quickly turn to 'over-the-counter' medications for help. But for those individuals who want to take herbal medicine, it can be a herculean task and confusing to get a trustworthy resource that is equally simple to grasp and understand. Join herbal medicine author SPENCER GARRET as she leads you on the journey towards knowing the appropriate herbal medicine practice for you. Here in her book ALCHEMY OF HERBAL MEDICINE - VOLUME I 600 NATURAL REMEDIES TO CURE DISEASES, offers an open, all-in -one anthology of herbal medicine therapies to use in the comfort of your own home anytime there is a need for it.Achemy of Herbal medicine: Volume I 600 Natural Remedies to cure Diseases provides the most useful natural therapies that can used to treat common diseases, without the fear or risk of horrible or potentially dangerous side effects that pharmaceuticals can cause in the body.Inside the page of this book you'll find:inside these pages you'll find:600 HERBAL MEDICINE RECIPES to relieve and heal everyday ailments and injuries naturallyPROFESSIONAL HERBAL MEDICINE ADVICE on basic ingredients and tools to set you up for successWith easy organization and obvious, succinct instruction, Alchemy of Herbal medicine: Volume I 600 Natural Remedies to cure Diseases has you covered irrespective what ails you, such as: Allergies, Bee sting, Bronchitis, Canker sore, Constipation, Dandruff, bed sore, Eczema, Fever, Dog bite, Sun burn, Skin Cancer, Hair loss, Headache, Indigestion, Menopause, Poison ivy, Aging, Acne, Arteriosclerosis, Psoriasis, Rheumatoid arthritis, Sore throat, Broken bones, Weight loss, and so on.

