



Pregnancy Herbal

Susannah Marriott

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Pregnancy Herbal

Susannah Marriott

Pregnancy Herbal Susannah Marriott

It will provide you with all the know-how necessary to produce herbal products in the comfort of your kitchen and offers dozens of recipes and ideas for beautiful things to make and use. It distils the wisdom of countless generations of midwives and wise women to provide an up-to-the-minute sourcebook of effective plant remedies and products. A sourcebook of ideas for using herbs to conceive, during pregnancy, in the postnatal period and with a young baby. Guidance on herbs and plant products to use and in what forms, and which to avoid. Ideas, recipes and instructions for enchanting things to make - scented products and skin care items - and delicious food and drinks. Step-by-step instruction on preparing safe herbal remedies in the form of teas, tinctures, creams, oils and infusions.

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