

# Make Your Own Medicine

It is time to get to work and start making medicine! If you have had a chance to get out through the summer and harvest some herbs, we have a book that will give you lots of information about making your own medicine with those herbs.

The Herbal Medicine-Maker's Handbook by James Green is on special through Christopher Publications for a short time. This book is a classic. It is very comprehensive and detailed so the reader is able to follow the instructions to make all kinds of preparations. The first chapter teaches how to make a dandelion tincture from digging the plant to macerating it in the proper menstruum.

This book teaches how to make simple infusions and advanced techniques such as cold percolation and flower essences as well as oils and ointments. You will learn about growing, harvesting and storing herbs yourself. The author is quite witty and the book is a delight to read.

Here is what Christopher Hobbs has to say about The Herbal Medicine-Makers Handbook, "James Green offers us his extensive herbal medicine-making wisdom and experience with a totally refreshing sense of play, irreverence, and a delightful sense of fun that is irresistible. Don't hesitate — read this book."

We hope you enjoy reading this book as much as we do. Making herbal medicine is empowering and enjoyable.