

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

Making Plant Medicine

New to Christopher Publications: Making Plant Medicine by Richo Cech

http://www.christopherpublications.com/Making_Plant_Medicine.html

This is a book for the beginner to advanced herbalist who wants to make his or her own herbal preparations. It takes the question out of how much herb do I use, or what menstrum should I use for a particular herb? It has easy to understand instructions to help anyone in making herbal medicine. Over one hundred herbs are covered explaining the part of the plant to use, dosage and practical uses.

Making Plant Medicine is an easy to read book with personal stories of the author who thoroughly explains how to make herbal tinctures, glycerites, oils, ointments, vinegar extracts and more.

"My goal in writing this medicine making book and formulary is to share the healing ways that have become a way of life for my family. I have endeavored to give people a complete and reasonable guide to understanding the simplicities and the intricacies of making herbal extracts. My recommendations are based on my experiences as a global wanderer and village herbalist and upon my long association with the physics of herbal extraction. My choice of herbs, formulas, and extraction techniques are the result of my experience as a gardener of herbs and as a student of Western herbalism.

"I believe that the herbs grown by our own hands in local gardens provide the strongest medicine we can possibly make and dispense to heal. When I take this medicine or give it to my family and friends, I know exactly what plant it is, where it came from, how the extract was made, and what I want it to do. I have an unshakeable faith in the medicine, and this provides a strong foundation for healing. May your medicine be of the garden, and may it be of benefit to all. (Pg. 6-7)"

For anyone who is interested in making his or her own herbal medicine, Making Plant Medicine is a must-have.

Purchase Making Plant Medicine here:

http://www.christopherpublications.com/Making_Plant_Medicine.html

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