

Herbal Recipes for Vibrant Health

by Rosemary Gladstar

We are featuring the book, *Herbal Recipes for Vibrant Health* by Rosemary Gladstar for a short time. I love any book by Rosemary Gladstar and this is no exception.

The book is full of recipes for children, women's health, men's health, the elderly and everyone in between. It has great descriptions of many herbs with tips on growing, harvesting and using them as medicine. This book is a must if you want to make creative products using herbs you have grown or purchased.

You can't open the book without wanting to try out every recipe. The pictures are great and the instructions are easy to follow.

The ailments section gives many options for herbal formulas and different treatments. For instance, if you want to improve your vision Rosemary recommends making fresh juice out of beets, carrots, and cucumbers. Or if your grandparents are struggling to remember your name there's an herbal recipe for that.

Anyone who loves making herbal products will love this book. If you need a gift for someone you know who loves to garden and grow herbs, they will certainly enjoy this book.