



## Cooking Well: Healing Herbs: The Complete Reference for Kitchen Garden (Paperback)

By -

Hatherleigh Press, United Kingdom, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. Enjoy the Healing Powers of Herbs with Over 50 Simple and Delicious Recipes! Let thy food be thy medicine and thy medicine be thy food. --Hippocrates Countless cultures throughout history have used herbs for their unique flavors as well as for the treatment of various conditions and ailments. Now, with the recipes in Cooking Well: Healing Herbs, you can uncover the beneficial properties of a wide variety of herbs in these easy-to-use recipes! Cooking Well: Healing Herbs features more than 50 healthy recipes including: \* Black Bean Soup with Lime and Cumin \* Chayote Squash Soup with Cilantro Sour Cream \* Marinated Chicken Tarragon \* Honey Mint Yogurt \* Plus an assortment of herbal tea recipes such as Cold and Flu Tea Cooking Well: Healing Herbs also includes: \* Health benefits on 25 essential herbs \* Tips for starting your own healthy herb garden \* Instructions for creating your own at-home aromatherapy oils Whether you re looking to ease the symptoms a specific condition, seeking to energize or relax using herbs in tea, or just want to create tasty, healthy meals...



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*A very amazing ebook with lucid and perfect answers. it was actually writtern quite flawlessly and useful. Its been written in an exceedingly basic way and it is simply right after i finished reading this publication in which basically changed me, change the way i really believe.*

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