Herbal Tarot Deck Book Set A Guide To The Herbal Tarot

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a guide to the herbal tarotpresents methods for tapping into the medicinal properties of herbs and for using herbs and herbal tarot cards together the herbal tarot deck is a useful introduction to the art of herbalism as well as to the mysticism of the tarot the symbolism of the deck offers understanding on many levels of the healing messages of the plant beings and shows how they can be teachers and healers of body mind spirit

kami mcbride provides everything you need to amaze your friends and family with a seasonal

bounty of delicious herbal drinks smoothies cordials pestos and more rosalee de la forêt author of alchemy of herbs herbs are a gift from nature they not only help to create aromatic and delicious food they also support overall health and wellness on a daily basis using dried and fresh herbs in your cooking boosts your intake of vitamins and minerals improves digestion strengthens immunity and increases energy using plants as medicine is an ancient and powerful tradition that connects you to the earth helps treat common ailments promote restful sleep relaxation and more the herbal kitchen will help you recognize the extraordinary pharmacy that probably already exists in your own kitchen with 50 easy to find herbs and spices information and tips for preparing storing and using them and over 250 simple flavorful recipes it will empower you to care for your health whether you are already familiar with herbs or are just starting out on the herbal path kami mcbride offers recipes for everyone mix up refreshing drinks infuse oil vinegar and honey learn how to make tinctures and cordials salts sprinkles and more

if you have been daunted by complicated esoteric herbal books in the past healing with the herbs of life offers clear and concise explanations of how and why herbs heal it also provides step by step instructions for creating your own herbal remedies therapeutic approaches you can use at home and easy to follow guidelines for gathering preparing purchasing and storing herbs previously published as the herbs of life this completely revised and updated edition synthesizes the great herbal traditions of china and india with western herbology to form a new kind of planetary herbal features a new chapter on treating specific conditions expanded chapters in materia medica and the energy of food and revised chapters on living with the seasons and home therapies with new information on herbal safety and drug herb interactions the previous edition the herbs of life sold 45 000 copies

presenting detailed explanations step by step directions and creative interpretations this book provides readers with a solid practical understanding of tarot as a discipline giles explores the various ways in which the tarot can be used in divination therapy magic and personal growth explains how to build skills working with the cards and discusses tarot card collecting art and scholarship 20 photos 20 drawings

ayurvedic herbs have reached the mainstream of health care now two experts teach you about the earth's oldest healing system

a major work integrating the herbal traditions of the east with those of the west by the bestselling author of the way of herbs this practical handbook and reference guide is a landmark publication in this field for unprecedented usefulness in practical applications the author provides a comprehensive listing of the more than 400 medicinal herbs available in the west classified according to their chemical constituents properties and actions indicated uses and suggested dosages

tarot enthusiasts rejoice look for an array of news advice and in depth discussions on everything tarot in this year s edition of the tarot reader renowned authors and tarot specialists deliver deck reviews and articles concerning card interpretation spreads magic tarot history and professional tarot reading each year s almanac also features a calendar with pertinent astrological information such as moon signs and times this year s tarot reader includes articles by elizabeth barrette elizabeth hazel corrine kenner teresa michelsen james ricklef and valerie sim

examines the theories behind the most popular methods of divination and the history of divination

internationally acclaimed tarot author nancy shavick shares her profound knowledge in an easy to understand how to guide based on tarot readings shavick has given to thousands of people shavick teaches beginners and professionals alike how to conduct their own tarot card readings using any tarot deck

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