

Grow Your Own Drugs: Easy Recipes for Natural Remedies and Beauty Fixes



Filesize: 4.49 MB

Reviews

If you need to adding benefit, a must buy book. it absolutely was writtern extremely flawlessly and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Mrs. Odie Murphy II)

GROW YOUR OWN DRUGS: EASY RECIPES FOR NATURAL REMEDIES AND BEAUTY FIXES

[DOWNLOAD](#)

HarperCollins Publishers. Hardback. Book Condition: new. BRAND NEW, Grow Your Own Drugs: Easy Recipes for Natural Remedies and Beauty Fixes, James Wong, Whether you're struggling with insomnia, the kids have eczema, or your partner is feeling under the weather, this book could have the answer. With easy recipes ethnobotanist James Wong shows how to make simple creams, salves, teas and much, much more from the stuff growing in your window box, the local garden centre or in the hedgerows. Using the flowers, fruit, roots, trees, vegetables and herbs that are all around us James provides preparations to help relieve a whole range of common conditions, including acne, anxiety, cold sores and general aches and pains - plus great ideas for beauty treats such as bath bombs and shampoos. Inspired by his grandmother in Malaysia who taught him about the health-giving properties of plants, James uses his top class academic knowledge to show how easy - and cheap - it is to make creams, lotions, lozenges and more which can help relieve the symptoms of a variety of common complaints. He reveals how many plants contain the same active ingredients as over-the-counter drugs and chooses his Top 100 plants to grow or buy, complete with ideas for a whole range of uses. So unleash the power of plants and soothe the symptoms of everyday ailments the natural way.



[Read Grow Your Own Drugs: Easy Recipes for Natural Remedies and Beauty Fixes Online](#)



[Download PDF Grow Your Own Drugs: Easy Recipes for Natural Remedies and Beauty Fixes](#)

Other PDFs



The Official eBay Guide: To Buying, Selling and Collecting Just About Everything

Simon & Schuster Ltd. Paperback. Book Condition: new. BRAND NEW, The Official eBay Guide: To Buying, Selling and Collecting Just About Everything, Laura Fisher Kaiser, Michael Kaiser, Omidyar, Pierre, HAPPY HUNTING(TM) ON eBay Aunt Fannie's...

[Save ePub »](#)



Perfect Psychometric Test Results

Cornerstone. Paperback. Book Condition: new. BRAND NEW, Perfect Psychometric Test Results, Joanna Moutafi, Ian Newcombe, Perfect Psychometric Test Results is an invaluable guide for anyone who wants to secure their ideal job. Written by a...

[Save ePub »](#)



Perfect Numerical Test Results

Cornerstone. Paperback. Book Condition: new. BRAND NEW, Perfect Numerical Test Results, Joanna Moutafi, Ian Newcombe, Perfect Numerical Test Results is the essential guide for anyone who wants to secure their ideal job. Written by a...

[Save ePub »](#)



Perfect Numerical and Logical Test Results

Cornerstone. Paperback. Book Condition: new. BRAND NEW, Perfect Numerical and Logical Test Results, Joanna Moutafi, Marianna Moutafi, Have you been asked to sit a numerical or logical reasoning test? -Do you need some help preparing...

[Save ePub »](#)



Choose the Perfect Baby Name: Teach Yourself

Hodder & Stoughton General Division. Paperback. Book Condition: new. BRAND NEW, Choose the Perfect Baby Name: Teach Yourself, Victoria Wilson, Whether you're expecting, planning or just interested, Choose the Perfect Baby Name will help you...

[Save ePub »](#)