

The Health of Nature

Description



It is becoming increasingly important for people to understand the healing potential of plants that grow in their homeland. The Covid pandemic has even increased the interest in natural remedies and knowing what nature's kitchen offers us. People are looking for ways to find a more holistic approach to medicine and well-being. With the book in the series about "Learning from our Natural Environment" (<https://amzn.to/3n8CqCh>), we are committed to preserving and sharing traditional and modern knowledge about plant medicines.

The book "Herbalist Guide to Native American Remedies" (<https://amzn.to/3HGkmc6>) teaches you how to approach holistic natural health and wellbeing using healing herbs. It provides recipes and insight on how to listen to your body to find what it needs for healing and recovering and take care of your whole self "mind, body, and spirit!"

published a regional foraging guide including local healing herbs and plants that can be prepared with the remedy-making guidance of our first book.

Interested to know more?

Check out the links in this text!

If the community of this page is interested to get examples of healing herbs prepared for your family's needs I can provide more blog posts on this. I also share recipes on how to include healing herbs and plants into your everyday diet. This is the easiest way to have a regular, healthy intake after all.

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