



The Lavender Herbal: An Introduction to Basic Herbal Medicine for the Budding Herbalist

Sandra Glenn

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"The Lavender Herbal" is written as a basic introductory guide to the budding American Herbalist unsure of where to start. The book covers such subjects ranging from choosing your first herbs, starting your first herb garden, and what to look for when purchasing plants in various forms to how to create basic remedies, as well as how to properly use and store them. "The Lavender Herbal" also covers more serious topics such as the laws surrounding the use of herbal medicines in the United States, and a plethora of safety and emergency information, precautions, and warnings. Please be aware that the author is not a licensed herbalist and holds no titles or formal education and this book should be carefully used in conjunction with more official sources.

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