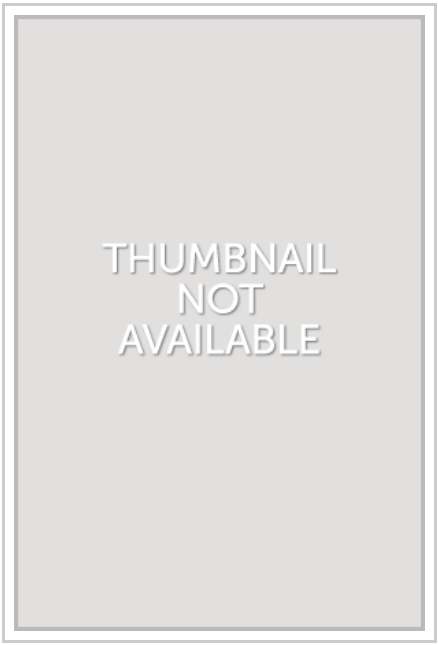


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Heal Local: 20 Essential Herbs for Do-it-Yourself Home Healthcare

By Dawn Combs

New Society Publishers. Paperback. Book Condition: new. BRAND NEW, Heal Local: 20 Essential Herbs for Do-it-Yourself Home Healthcare, Dawn Combs, Most of us understand the value of eating and buying local. Taking back our food, goods, and services from multinational corporations and sourcing them from small growers, producers, artisans, and entrepreneurs benefits our families, our environment, and our communities. Heal Local argues that "100-mile healthcare" can be equally valuable in terms of how we treat illness and injury and maintain wellness. This innovative guide demonstrates that by harnessing multifaceted whole plants, we can rely on homegrown or regionally produced herbs rather than importing exotics and non-natives. Based on the small apothecary model, author Dawn Combs explains how to: * Maximize the benefits of homegrown first aid, from increased freshness, potency, and effectiveness to community resilience and local economic growth * Make home herbal healthcare less intimidating and more attainable, by focusing on twenty herbs to effectively treat most common injuries and ailments * Implement a local medicine culture safely and sustainably, while protecting and respecting wild plant populations Many herbals overwhelm their readers, presenting a list of hundreds of herbs, each with a different purpose. Heal Local empowers readers by...

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