



How to Make Dried Herbs: Drying Herbs for Natural Healing (Organic & Alternative Healing)

Carmen Haynes

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This book is your key to learning how to dry herbs to use for healing and health. The magic thing about herbs is that you can use them in conjunction with conventional medicines (with some exceptions) and can even incorporate them into your daily life as part of your food so it's like you are taking delicious medicine with astounding benefits. Some herbs are easier to dry than others, and we discuss that here. Some herbs are best grown from home and then harvested so that you know not only what kind of care that they have received but that they are at their optimum health levels. This book will cover which herbs are best for home growing and which are easiest to dry. It will also cover the best methods for drying herbs including superfast methods which you are pressed for time and slower methods which preserve more of the antioxidants, nutrients and medicinal qualities of each herb.

Here is a preview of what you will learn from this book:

- How simply adding more herbs to your regular meals can be beneficial.
- The real benefits of growing herbs including the benefits of tending a garden.
- The real discussion about what you can realistically help with the use of herbs and what you cannot.
- How certain herbs can interfere with your medications and how to avoid these interactions.
- The many methods of drying your herbs plus some additional methods of storing herbs for long-term use.
- The best ways to store your herbs once you have dried them.

Whether you are a novice or experienced with the use of herbal medicine this book will be a great benefit and will show you how to get the most of all of the best herbs around.

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