

HERBAL TEAS & HOUSEHOLD REMEDIES



Contents

- Our green world
- Our own domestic pharmacy
- Our best herbal teas
- Teas from fruit and berries
- Exotic health foods
- Mixing herbal teas
- Nurturing fruit and greens
- Healthy wild leaves
- Tinctures and oils
- Detox – clean from the inside
- Fermentation
- Sprout and grow
- Nature – a healing force
- Your fantastic body
- Index
- Our books

Örtte & huskurer

Mette Bohlin & Eva Robild

190x240, 296p

Are you curious about the healing qualities of herbs? Then this is the book for you!

This book is born out of our love for the natural world, gardens and plants. We have a long experience of using herbs to stay healthy in our everyday lives and for healing.

Here we share our knowledge on how to store, grow, harvest and care for the plants, how to prepare herbal teas, oils, tinctures, fermented vegetables and other matters.

Around 60 plants are described in detail, in words and pictures. We explain how the body's vital organs function to increase understanding of how we can support the body and improve our health.

Lay the foundation for your own domestic pharmacy!



About the authors

Mette Bohlin is a naturopath and works with dietary problems and stress management, mainly preventative, and also runs yoga courses.

Eva Robild is a freelance journalist and writer for among other things the series *Green fingers*. She is also the editor for *Gardening Tuesday* on SVT.