



Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality

By Kathleen Brown, Jeanine Pollak

Download now

Read Online 

Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak

A warm mug of strong tea was always grandma's solution to a bad day, and it turns out she may have been on to something! Discover the healing properties of herbal teas in this comprehensive guide to blending and brewing your own steamy concoctions. Kathleen Brown includes recipes for teas to care for the head, throat, gut, nervous system, lungs, bones, joints, and more. Whether you seek to soothe body, soul, or both, you'll find the perfect brew.

 [Download Herbal Teas: 101 Nourishing Blends for Daily Healt ...pdf](#)

 [Read Online Herbal Teas: 101 Nourishing Blends for Daily Hea ...pdf](#)

Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality

By Kathleen Brown, Jeanine Pollak

Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak

A warm mug of strong tea was always grandma's solution to a bad day, and it turns out she may have been on to something! Discover the healing properties of herbal teas in this comprehensive guide to blending and brewing your own steamy concoctions. Kathleen Brown includes recipes for teas to care for the head, throat, gut, nervous system, lungs, bones, joints, and more. Whether you seek to soothe body, soul, or both, you'll find the perfect brew.

Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak **Bibliography**

- Sales Rank: #654965 in Books
- Published on: 1999-01-07
- Original language: English
- Number of items: 1
- Dimensions: 7.50" h x .44" w x 7.50" l, .66 pounds
- Binding: Paperback
- 160 pages

 [Download Herbal Teas: 101 Nourishing Blends for Daily Healt ...pdf](#)

 [Read Online Herbal Teas: 101 Nourishing Blends for Daily Hea ...pdf](#)

Download and Read Free Online Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak

Editorial Review

Review

"Herbal Herbalists Kathleen Brown and Jeanine Pollak present instructions and recipes for concocting herbal teas for good health and spirit. The instructions are simple to follow, and the recipes have catchy names, such as Raging Moods Tea, Heartthrob Cordial, Kiddie Calm, Hormone Helper, and Yummy Tummy-Tamer Tea. "Herbal Teas" is fun and easy to use. The aspiring herbalist will find information about gathering and storing herbs, and a 38-page reference section details the health benefits of 70 herbs. This book is beautifully designed - photographs abound on the inside, and the cover is virtually exciting. Display this 7.5-inch-square book by your cash register, because if customers open it, they will buy it." -- *Ultra Books, Oakland, NJ, January/February 2000.*

From the Back Cover

Taking Good Care of Yourself Has Never Been So Much Fun!

Blending and brewing your own soothing, invigorating, healthy, or just plain delicious herbal teas is as good for the spirit as it is for the body! With Herbal Teas' simple instructions and recipes for every need, age, and life situation, even beginners can dive right in for the healing or just for the joy of it.

-- Languid Lemon Stress-Away Tea

-- Post-Potluck 911

-- Sniffle Buster Tea

-- PMS Blues-B-Gone Tea

-- Nurturing Prenatal Blend

-- Healthy Heart's Desire Tea

-- Strong Bones Tea

-- Raging Moods Tea

-- A Pimple's Worst Nightmare Tea

-- Anxiety-B-Gone Tea

You'll also find detailed descriptions of 70 tea herbs with health benefits and brewing instructions, plus profiles of 15 noted herbalists who share their favorite tea recipes.

About the Author

Author Kathleen Brown is an herbal teacher, writer, and gardener. She is author of *Herbal Teas* and has served as president of the Rocky Mountain Unit of the Herb Society of America. She presently lives in

California.

Jeanine Pollak has been an herbalist, nutritionist, and consultant to businesses and interested individuals for 20 years. She is the founder of Botanic Adventures--An Educational Herbal Adventure-Travel Company. Educated in biology, acupuncture, and herbal studies, Jeanine has certainly pursued her interests fully and creatively. She has written a book filled with nutritious, energizing beverage recipes called Healing Tonics. Besides her work as an author--three books to date--Jeanine teaches ongoing herbal and nutritional seminars at the University of California, Santa Cruz, and at the Esalen Institute. She has also created and marketed her own line of herbal tinctures and cosmetics.

Users Review

From reader reviews:

Lori Roth:

Book is to be different for every single grade. Book for children till adult are different content. We all know that that book is very important normally. The book Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality was making you to know about other understanding and of course you can take more information. It is rather advantages for you. The publication Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality is not only giving you far more new information but also to get your friend when you experience bored. You can spend your personal spend time to read your reserve. Try to make relationship together with the book Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality. You never feel lose out for everything in case you read some books.

Joey Mendoza:

Spent a free time for you to be fun activity to perform! A lot of people spent their down time with their family, or their particular friends. Usually they doing activity like watching television, planning to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your current free time/ holiday? Could be reading a book is usually option to fill your no cost time/ holiday. The first thing that you'll ask may be what kinds of guide that you should read. If you want to try out look for book, may be the e-book untitled Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality can be very good book to read. May be it is usually best activity to you.

Mary Gilbert:

The actual book Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality has a lot associated with on it. So when you read this book you can get a lot of benefit. The book was compiled by the very famous author. The author makes some research just before write this book. This particular book very easy to read you can find the point easily after scanning this book.

Larry Huff:

Precisely why? Because this Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will jolt you with the secret the idea inside. Reading this book next to it was fantastic author who else write the book in such incredible way makes the content interior easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of advantages than the other book possess such as help improving your proficiency and your critical thinking way. So , still want to hold up having that book? If I have been you I will go to the publication store hurriedly.

**Download and Read Online Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak
#IYX3A8LS4UG**

Read Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak for online ebook

Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak books to read online.

Online Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak ebook PDF download

Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak Doc

Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak Mobipocket

Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak EPub

IYX3A8LS4UG: Herbal Teas: 101 Nourishing Blends for Daily Health & Vitality By Kathleen Brown, Jeanine Pollak