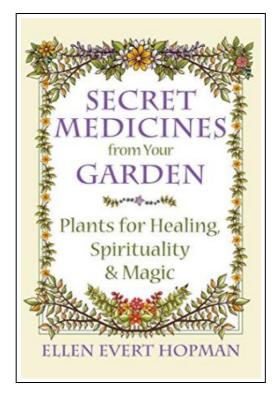
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Inner Traditions Bear and Company, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. Weaving together ancient wisdom, mystical folklore, and modern plant research, master herbalist Ellen Evert Hopman explores the many uses of flowers, trees, common weeds, and ornamental plants for food, medicine, spiritual growth, and magical rituals. She reveals the herbal lore surrounding each plant, drawing on traditional knowledge and remedies from around the world. She includes recipes throughout so you can make medicines from wild and domesticated plants easily found in yards, forests, meadows, and hedgerows, and she discusses what to plant to ensure you have leaves, berries, and flowers all year. The author reveals how to quickly intuit an unknown plant s properties using the signatures of plants - universal indications and contraindications based on the form, color, and location of a plant. She includes an in-depth section on honey and Bee Medicine, allowing you to appreciate the labors of these plant-dependent insects. Showing how to easily incorporate wild plants into your life to receive their healing benefits throughout the seasons, Hopman reveals the power of the bounty that Mother Nature has provided right at our doorstep.

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