



# **The Complete Guide to Growing Healing and Medicinal Herbs: A Complete Step-by-Step Guide (Back-To-Basics Gardening)**

*Wendy Vincent*

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Herbs have been the centerpiece of natural healthcare since before the dawn of medicine in ancient Greece. With more than 50,000 strains of herb from around the world currently catalogued by various botanical societies and a small percentage of those serving solid, universally recognized medical purposes, it is no wonder that many people have taken up the hobby of growing their own herbs at home to help with basic things like healing burns or relieving headaches. This book will guide you through the step-by-step process of learning about and growing your own healing herbs, starting with the basics of what each herb can do and proceeding to show you everything you need to cultivate them yourself. The first things you will learn in this guide are the basics of all healing herbs, starting with a complete breakdown of the numerous healing herbs known to be easily cultivated in temperate climates. Matching the right herbs to your region, you will then be able to start learning about how herbs grow, what they need from the soil, water, the weather, and feeding. You will learn which pests are most likely to appear with each herb plant and which planting conditions are best for your herbs, from indoor potting to outdoor containers, or in ground fields. You will learn which plants grow best together and which style of herbs are going to be best for selling and which are best for personal growing. Experts in the field of healing herbs have provided their insights into issues such as how to harvest the healing herbs best and how to dry or preserve them for use as healing materials. Learn how you can make a number of common treatments for various ailments with your herbs and how you can benefit best from your new found gardens. This book is a complete guide for anyone who has ever wanted to try something different and grow it themselves.

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