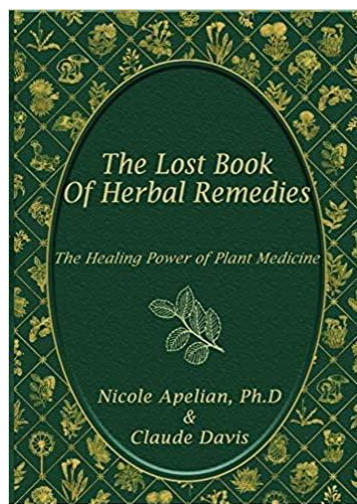


## [The Lost Book of Herbal Remedies Review](#)

The Lost Book of Herbal Remedies PDF Ebook Download Review. The Lost Book of Herbal Remedies is a step by step **318** page colored book (in both digital pdf and physical printed book). It teaches you how to use some natural growing plants to treat and cure the most common infections and diseases naturally.

Inside you'll find **800+** beneficial plants and remedies. It includes recipes of tinctures, teas, decoctions, essential oils, syrups, salves, poultices, infusions and many other natural remedies that our grandparents used for centuries. What's also special about this book is that it has between **2 and 4** high definition, color pictures for each plant and detailed identification guidelines to make sure you can identify the right healing plant.

**Inside** [The Lost book of remedies](#) you will also discover secret healing properties of the ordinary herbs as well as some household plants and some common plants that can be used as powerful pain killers as well as antibiotics. You will also find natural cures for various ailments such as inflammation, digestive issues, bleeding, fevers, and even remedies that could help manage your blood sugar if you are someone who suffers from Type 2 Diabetes.



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## Who is The Author of Lost Book of Herbal Remedies ?

**Dr Nicole Apelian** is a mother, a herbalist, a biologist, a survival skills instructor, and an anthropologist who completed her bachelor's from McGill University. She lived in San Bushmen of the Kalahari Desert to study plants and is known as the best for making powerful remedies for people facing many troubles regarding their health or who wants to live a healthier life. She has already helped thousands of people treat themselves naturally by following her holistic wellness advice and by using herbal remedies.

### The Lost Book of Herbal Remedies is divided into following Five parts:

- In the **first** part, you'll discover about the medicines that you're already growing around your backyard.
- In the **second** part, you'll learn how to identify wild edibles and remedies from plants available in forests.
- In the **third** part, you'll discover the wild edibles' identification and backyard medicines that grow, especially in prairie.
- In the **fourth** part, all medicinal and edible trees in North America are given in detail.
- In the **last** chapter, the conventional treatments that our grandparents used for illness and what role do these plants play in improving overall health is given.

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## Here's just a glimpse of what you'll find in **The Lost Book of Herbal Remedies:**

- **The Powerful "Relieving Plant"** that's Been Spotted In Many Backyards and how to turn it into an extract that you can use when needed - On Page 145
- The Most Sought Out Plant in a Crisis - On Page 119
- **Yarrow and Usnea Plant** - The Perfect Mix that can be used to stop bleeding and infection in times of crisis - On Page 150
- What Happens When You Pour Salt into a Cabbage - On Page 54
- The Backyard Tree Syrup Our Grandparents Used to Make Each Spring whenever they had a sore throat. - on page 215
- The "**Stomach Band-Aid**" a tree called Slippery Elm when taken orally coats the mucus membrane in intestinal tract, helping sooth inflammation - on page 257
- The Native American Ointment For Back, Knee, Neck, Shoulder, Ankle And Wrist Well-Being - On Page 261
- The Leaf People Should Place In Their Shoes Each Morning - You'll also find out the plant that boosts your energy and helps with sore feet when you wear it inside your shoes.- On Page 114
- The Plant Our Forefathers Used When They Had Fever - On Page 50
- The Plant That May Help Reduce Night-Time Bathroom Trips - On Page 256
- The "**Chromium**" Plant You Should Consider Adding To Your Salads To Support Normal Blood Sugar Levels - On Page 68
- And much much more ....

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**When You will Download The Lost Book of Herbal Remedies Guide you will also get following 2 FREE Bonuses:**

- **Bonus #1: "80 Square Foot Medicinal Garden in your Backyard"** which helps you to plant, grow and harvest various medicinal plants in a very space and cost-efficient manner
- **Bonus #2:** The second book is the **"Everyday Disaster Medicine Guidebook"** which could be very useful during a crisis as it's at times like these when medical aid may be difficult to acquire.



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The book is very well written

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--- Doc Washburn - St. Louis MO

★★★★★ **Must-have book for herbalists - with plant PHOTOS, not drawings**

*"This is a must-have book for anyone interested in using herbs for health and well-being! I started studying herbalism almost two years ago. It opened up a whole new world and I've embraced the beauty and power of herbs as an integral part of my daily life. I searched high and wide for a good plant identification book. Finally, I found it in this book. All of the other books I considered had drawings (which are so hard to use in a practical sense) instead of actual photos (like this one does). And the harvesting and usage notes are so helpful. Thank you, from the bottom of my heart, for this wonderful resource! I've already shared it with others. What a bargain, at just \$37, for both a digital and print copy."*

--- Denise L Caiazzo - herbalist

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