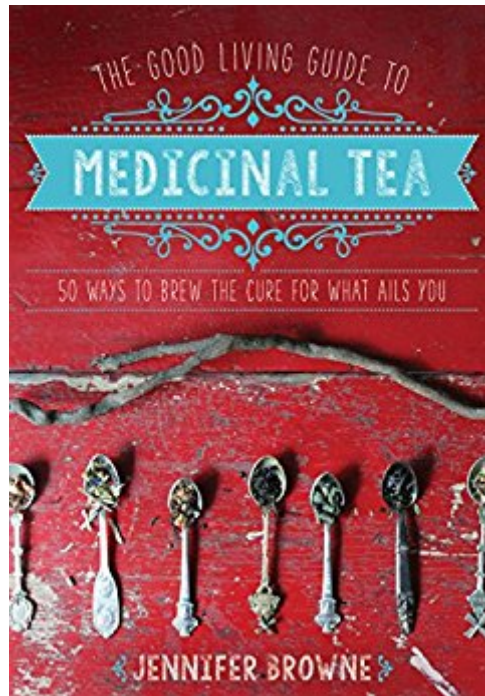


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# The Good Living Guide To Medicinal Tea: 50 Ways To Brew The Cure For What Ails You



## Synopsis

More than just a warm and comforting drink, tea has medicinal properties that are widely underused in North America. Common herbs, spices, fruits, and barks have been scientifically proven to help relieve pain, menopause symptoms, high blood pressure, insomnia, stress, and digestive angst. When taken preventatively, certain herbs in tea can help fight off cancer cells, heart disease, and even Alzheimer's disease and fibromyalgia. By learning about what these various natural ingredients are capable of and how they work, readers can begin to treat many ailments with what grows in their gardens—plants that have been used in eastern medicine for thousands of years. The Good Living Guide to Medicinal Tea invites readers into a world of medicinal plants, instructs on the specific healing properties of each, matches them to ten common North American health disorders, and provides simple tea recipes readers can make in their own homes. Late Japanese author Okakura Kakuzo has been famously quoted as saying, "Tea began as a medicine and grew into a beverage." • The Good Living Guide to Medicinal Tea encourages readers to turn their favorite drink back into medicine—and outlines exactly how to accomplish this. With the help of beautiful photographs and an easy dialogue, Jennifer Browne clearly explains to readers how teatime can garner impressive health benefits. Skyhorse Publishing, along with our Good Books and Arcade imprints, is proud to publish a broad range of cookbooks, including books on juicing, grilling, baking, frying, home brewing and winemaking, slow cookers, and cast iron cooking. We've been successful with books on gluten-free cooking, vegetarian and vegan cooking, paleo, raw foods, and more. Our list includes French cooking, Swedish cooking, Austrian and German cooking, Cajun cooking, as well as books on jerky, canning and preserving, peanut butter, meatballs, oil and vinegar, bone broth, and more. While not every title we publish becomes a New York Times bestseller or a national bestseller, we are committed to books on subjects that are sometimes overlooked and to authors whose work might not otherwise find a home.

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## Customer Reviews

this is a beautiful book, lovely pictures, heavy paper, clear instructions. many tea blend recipes for specific ailments. i gave it four stars because the author does not give the medicinal properties of the herbs used. used with "Healing Teas", by marie nadine antol, ( which give the properties of all the herbs she mentions) a very good idea of the what and why of simple medicinal teas become apparent i use these books and will be buying them for gift sets..

I am always searching for a more natural way to improve my health, without having to fill a prescription, or pop an over the counter medication. One of my goals in life is to navigate my way through it medication free. I am inspired by some octogenarians that I know of, who don't take any medications regularly. I believe that most everything we need can be found in what we consume, whether to thin or thicken your blood, improve digestion, prevent bladder infections, and on and on. I do believe that what we ingest should contribute more to healthcare than chemically based medications. Jennifer Browne's The Good Living Guide to Medicinal Tea: 50 Ways to Brew the Cure for What Ails You is just what I have been searching for to give me the tools and information I need to help me stay on this path. She has condensed a great deal of information in an easy to read and understand format that I will use on a daily basis. I love this book!

Very easy to read and simple recipes. I like how you don't have to go digging in a million places to find the ingredients for her tea recipes.

Quick read, I will use this book as a reference for making my own healthy tea. I would recommend

for anyone who wants to better manage their health.

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