The Hedgerow Handbook Recipes Remedies And Rituals

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Hedgerow plants have been used since time immemorial to make meals, remedies, wines, even soaps and cleaning materials. The Pocket Book of Hedgerow Recipes is perfectly positioned in the midst of the wonderful resurgence in organics, the awakened interest in allotments, and the trend for locally-grown produce. I don't even want to mention the credit crunch, but all the recipes and remedies in the book can be made for nothing, or very close to it! 'Pocket' is designed for practical use, can be slipped into a backpack or thrown in with a lovely Cath Kidston festival tent.

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With Fibromyalgia affecting the lives of an estimated 4% of the world’s population and with little medical treatments available this approach uses a combination of holistic practices to form a strategy for sufferers to reclaim some semblance of a life back. Hailed ‘an inspiration’ by preview readers it offers practical, everyday lifestyle choices Hypnotherapist Tina Hammett was left suffering Fibromyalgia after a series of medical operations. After losing her career, her partner and her home to this disease she became practically bed bound and in searing pain. Medical Science offered very little hope or treatments and she tired of being told she that her condition was merely a result of her ‘checking out of life’. Determined to fight to regain her life, she set about using her holistic health knowledge and began further research to develop this protocol and strategy. Now back to full health thanks to her intensive research and efforts, she happily shares what she has learned with others who are still suffering chronic pain, exhaustion and a severe interruption to their daily lives, in the hope it offers them a beacon to follow to regain their power and their lives. She is joined in this endeavour by Nutritionist Debbie Best and EFT practitioner Lesley Parker and together they share a multitude of holistic techniques and therapies, including rebuilding a shattered self-esteem resulting from the isolation this disease inflicts. Plus what to eat and what to avoid for minimising joint pain, handling stress and importantly numerous natural pain relieving techniques. Written with often searing honesty and from the perspective of someone who literally lived with this disease, this book offers practical and easy to follow strategies that can be incorporated into life with very little effort but with potentially life enhancing results.

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looking at all the incredible things we can get and make from them, from food and remedies to toys, whistles and ink. Foraging is one of the fastest-growing nature-related pastimes in the UK and US. There are many books about foraging but this is the only one that focuses on what is arguably everyone's favourite plant - trees! It profiles 40 incredible trees from the UK and US - from apple, ash and bay to walnut, willow and yew, gorgeously illustrated with watercolour, pen and ink botanical illustrations. In her humorous, inspiring and warm text, Adele explains how we can forage from our trees, not only for food, but also for home remedies, for ingredients to use in cocktails and ferments, and for materials to make toys, musical instruments and other useful things. Did you know that you can grind acorns into flour to make pancakes, for example, or use oak galls for ink? Or that Willow can be used for weaving; ash, hazel and oak are all good for making charcoal. Packed full of recipes and things to do, there is also a sprinkling of folklore and superstition, as well as helpful recognition tips. Overall it traces the fascinating story of the intimate relationship between humankind and our trees.

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