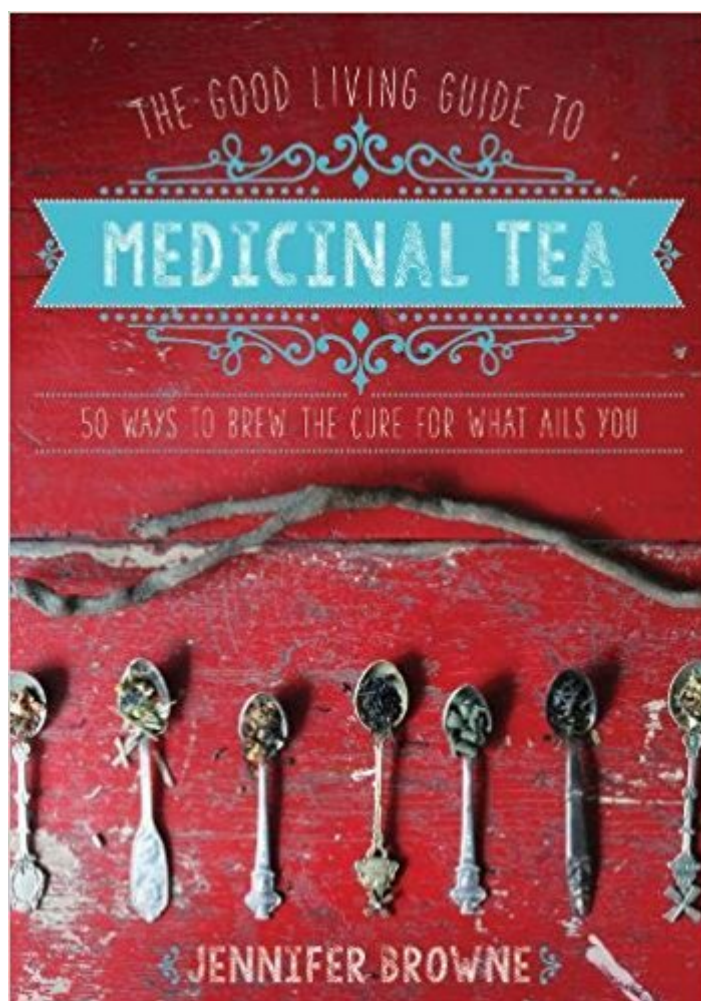


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# The Good Living Guide To Medicinal Tea: 50 Ways To Brew The Cure For What Ails You



## 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.

## Book Information

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## Customer Reviews

Jennifer Browne is the author of Happy Healthy Gut and Vegetarian Comfort Foods. Jennifer completed her bachelor's degree in English literature at the University of the Fraser Valley and has a certificate in plant-based nutrition from the T. Colin Campbell Center for Nutrition Studies. Although diagnosed with IBS in 2001, she has been symptom-free since the fall of 2010, which coincides with her adoption of a plant-based diet. Jennifer is an advocate for nutrition education and an award-winning member of the National Association of Nutrition Professionals (NANP). She lives with her husband and three children just outside of Vancouver, British Columbia.

Love it. Easy to read and follow.

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..

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.

Wonderful information. If you are looking for a holistic approach to your health this book puts good information at your fingertips.

Amazing book with so many great tea recipes. Must have for people who are beginning to learn about herbal teas and how to use them.

I wish the tea types were listed in the table of contents for kindle. Not a huge deal I really like book.

Fascinating information, already tried some of the teas!

Very informative, good book, easy read

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