



# Pocket Guide to Herbal First Aid (Crossing Press Pocket Guides)

*Nancy Evelyn*

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## **Pocket Guide to Herbal First Aid (Crossing Press Pocket Guides)** Nancy Evelyn

“It is a truth that stands to reason that the nearer we stay to the whole and natural balance of the earth and its plants, the nearer we are to our own natural balance, which we experience as health. Herbal medicine is accessible and effective. It is the medicine of the people, and despite the sophistication of modern Western medicine, it is still the preferred medicine of 90 percent of the world’s population.”—from the Introduction Learn how to prepare a simple herbal first aid kit for common emergencies, how to prepare the herbs in ointments, oils, and teas, and which herbs to use when.

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