

# Be Your Own Shaman: A Field Guide to Utilize 101 of the World's Most Healing Plants (Mobi)

Be Your Own Shaman: A Field Guide to Utilize 101 of the World's Most Healing Plants

CLICK HERE TO DOWNLOAD>>>[https://g3ub.stavoweb.cz/1tRDZJ?](https://g3ub.stavoweb.cz/1tRDZJ?keyword=Be+Your+Own+Shaman%3a+A+Field+Guide+to+Utilize+101+of+the+World%27s+Most+Healing+Plants)

keyword=Be+Your+Own+Shaman%3a+A+Field+Guide+to+Utilize+101+of+the+World%27s+Most+Healing+Plants

ISBN-13: 9781510781146

Simple Steps to Make Your Plants into Your Own Herbal Apothecary  
Be Your Own Shaman features 101 plants with healing properties. Each plants information is laid out on two pages and has a full color picture, illustration of the plant, the parts of the plant that are used, the time of day collected, where found, and time of year collected. Many of the plants in this book are found worldwide and many can be cultivated. Most can be found within one hundred feet of your home, and careful observation will help you become familiar with many nearby, useful plants. Be Your Own Shaman is laid out in fourteen sections divided by ailment since most people look for specific plants for specific health conditions. Most plants will include extra tips for making herbal remedies at home and basically enjoying all the gifts from utilizing plant medicine in your everyday life. The final section gives plant identification tips and basic taxonomy along with preparation methods for tinctures, decoctions, infusions, and poultices.

tags:

Be Your Own Shaman: A Field Guide to Utilize 101 of the World's Most Healing Plants Free EPUB


EPUB Free Be Your Own Shaman: A Field Guide to Utilize 101 of the World's Most Healing Plants


Full Text Be Your Own Shaman: A Field Guide to Utilize 101 of the World's Most Healing Plants

Be Your Own Shaman: A Field Guide to Utilize 101 of the World's Most Healing Plants Audiobook


Download Free Be Your Own Shaman: A Field Guide to Utilize 101 of the World's Most Healing Plants

PDF Kindle Be Your Own Shaman: A Field Guide to Utilize 101 of the World's Most Healing Plants

 Difficulté **Difficile**

 Durée **57 minute(s)**

 Catégories **Art, Vêtement & Accessoire, Décoration, Mobilier, Recyclage & Upcycling**

 Coût **214 USD (\$)**

## Sommaire

Étape 1 -

Commentaires

Matériaux

Outils

Étape 1 -