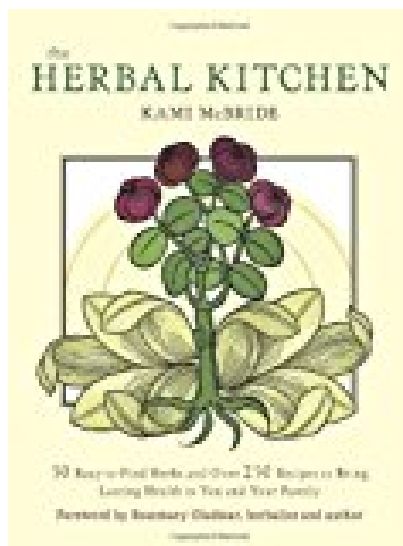


# Herbal Kitchen The 50 Easy-to-Find Herbs and Over 250 Recipes to Bring Lasting Health to You and Your Family

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## BOOK DETAILS

- Author : Kami McBride
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## **BOOK SYNOPSIS**

Do you enjoy eating garlic bread? Does oregano always find its way into your spaghetti sauce? Do you garnish potato salad with paprika? Then you are participating in the ancient tradition of using herbs to enhance the health benefits and digestibility of your food. With over 250 recipes for herbal oils, vinegars, pestos, dressings, salts, cordials, syrups, smoothies and more, The Herbal Kitchen provides the information necessary to prepare, store, and use herbs, and create a long term healthcare plan. The Herbal Kitchen will help you to recognize the extraordinary pharmacy that already exists in your own kitchen--one that will boost immunity, heal sickness, enhance energy, and ensure overall health and vitality, all without the need for fancy equipment or specialty products.

### **HERBAL KITCHEN THE 50 EASY-TO-FIND HERBS AND OVER 250 RECIPES TO BRING LASTING HEALTH TO YOU AND YOUR FAMILY**

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