



# The Herb Book: The Most Complete Catalog of Herbs Ever Published (Dover Cookbooks)

*John Lust*

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## **The Herb Book: The Most Complete Catalog of Herbs Ever Published (Dover Cookbooks) John Lust**

"I have an old copy of this book that I've had for years and would never let go of, no matter how many times I moved and thinned out my books. This is a re-release and I'm really happy to see it back in print. Part two of the book is the real treasure. It is an alphabetical list of herbs that gives detailed information about their properties, including any cautions required." — Lora's Rants & Reviews

Also known as "The Natural Remedy Bible," *The Herb Book* provides a comprehensive resource for building a livelier, healthier, happier life. More than 2,000 listings offer remedies for ragged nerves, nightmares, and coughing fits as well as suggestions for adding spice to recipes, coloring fabrics, freshening breath, and a host of other benefits. Complete and concise descriptions of herbs, illustrated by more than 275 line drawings, offer the most comprehensive catalog of "miracle plants" ever published.

Written by an expert and pioneer in the field, this easy-to-use reference features three parts. The first presents introductory historical information and background for using the rest of the book. The second part features individual numbered listings of medicinal plants with their botanical descriptions and uses. The third part emphasizes the variety of uses for the plants listed in Part 2, including mixtures for medicinal treatments, nutritious and culinary plants, cosmetic and aromatic purposes, plant dyes, and other applications. The book concludes with a captivating look at plant-related astrology, lore, and legends.

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