



Herbs: Medicinal, Magical, Marvelous!

Deborah J. Martin

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Herbs: Medicinal, Magical, Marvelous! Deborah J. Martin

For millennia, man has been using herbs; in food, for healing, and for magical purposes. Only in the last hundred years have the magical and medicinal properties of herbs been separated by scientists and the magical community. This book reunites the two into a comprehensive reference. Drawing on her years of practice and research, Deborah Martin has compiled information on over three hundred herbs. Avoiding the confusion of common names which can vary by region, she uses the Latin binomial or scientific names for all the plants but gives the reader a cheat sheet for easy reference. Written with a touch of humor, she details the difference between synthetic drugs and herbal alternatives. Lists make looking up an herb for a simple ailment or magical spell effortless. Also given are instructions for different types of herbal preparations and their medicinal and magical uses.

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