



# 10 Essential Herbs: Everyone's Handbook To Health

*Lalitha Thomas*

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## **10 Essential Herbs: Everyone's Handbook To Health** Lalitha Thomas

This book has become a CLASSIC in its field because of the high quality of the information that's presented and the clarity in the way it's presented. o Accessible Information o Concise Presentation o Humorous Stories o Intelligently Written THIS IS THE HERB BOOK THAT YOU CAN TRUST! From the introduction: Lalitha's extensive knowledge relative to the botanicals she has elected to write about is quite impressive to say the least. She is someone who gives plants personality and feeling! It shows in how as well as what she writes about. These various herbs come alive on the pages, colored not only by her own sensitivities, but also fully endowed with the dynamic energy of her very capable expertise. She has graduated from the hills and dales, forests and mountains, and meadows and prairies of Mother Nature U. These were the classrooms in which she studied ardently and diligently, applying herself well to the tasks at hand. In clear and concise terms she take the guesswork out of herbs. Under her reliable tutelage even the most novice of users of botanicals will soon become qualified enough to use those she covers in a safe and effective way. That is saying a lot considering just how many other herb books are out there at present. It's a true winner in every sense of the word. A reliable gem for consumers to place confidence in. Botanical medicine in this country will benefit from your book for years to come. JUST READ WHAT PEOPLE ARE SAYING ABOUT THIS BOOK.. "My Right Hand Man... I have a large library of natural healing and nutritional books and this book is ALWAYS the one that works for me, our family and even our pets." "This is a great book for anyone that wants to take responsibility for maintaining good health with herbs." "Excellent material, easy to follow and very informative. I use this book constantly. The herbs are easy to access, the material gives easy to follow information on how to incorporate the herbs into your life. It is excellent. I read herbal books constantly, and have quite a library. when I need information, or I need a remedy....this is the book I run to..." "I use this book everyday and love it. I am a mother of five and this book is the first book I grab for everyday ailments in our household. 10 Essentials has a down-to-earth quality that is lacking in medicinal herb field. This is the only book I have come across that covers the whole family from Grandparents to Infants.

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