



# Helpful herbs for health and beauty (52 Brilliant Ideas)

*Barbara Griggs*

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## **Helpful herbs for health and beauty (52 Brilliant Ideas)** Barbara Griggs

Herbs have myriad uses, and not just for cooking. Herbs are also incredibly useful for healing the minor medical miseries of life (and some of the major ones too) and in many cases, they are more effective than the pharmaceutical alternative. Nothing zaps a sore throat faster than Propolis, sorts out a painful gum infection more efficiently than a shot of Marigold or takes the sting out of sunburn better than Aloe Vera. For as long as people have been able to pick berries and forage for food, herbs have been used for medicinal purposes. There is even evidence to suggest that Neanderthal Man knew about and used herbs. Country people the world over have always relied on them, especially when no other doctoring was available. And you don't need to be a trained herbalist to be able to use them. It's simple. All that is needed is information, inspiration and a little savvy and that's where Helpful herbs for health and beauty comes in! Discover the many medical uses of nature's bounty, and also find out the canny natural beauty tricks that really work. Simply brilliant!

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