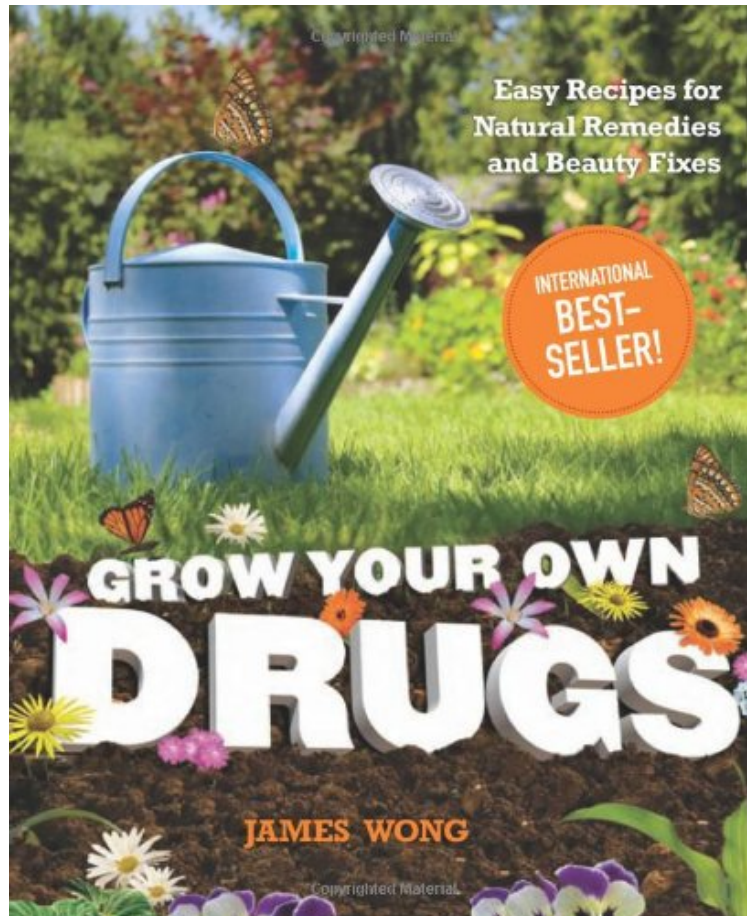


(Free and download) Grow Your Own Drugs: Easy Recipes for Natural Remedies and Beauty Fixes

Grow Your Own Drugs: Easy Recipes for Natural Remedies and Beauty Fixes

James Wong

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James Wong : Grow Your Own Drugs: Easy Recipes for Natural Remedies and Beauty Fixes before purchasing it in order to gauge whether or not it would be worth my time, and all praised Grow Your Own Drugs: Easy Recipes for Natural Remedies and Beauty Fixes:

3 of 3 people found the following review helpful. Everyone should have this Book! By Reviewer17I am the natural freak in our household, and have gone through medical hell for almost 2 years. My Chiropractor recommended this book to us and loaned us his copy to go through. After spending a few hours going through the book, I HAD to have it! The Grow Your Own Drugs Book by James Wong is of Excellent quality. The hard cover binder is very sturdy, the pages are thick, brilliantly colored and in quality and the recipes are wonderful! Cures for the most common ailments to beauty treatments. My oldest and youngest daughters are also more homeopathic and my youngest loves this book for her skin. I've already recommended this to my oldest who makes many holistic items in her home. My husband, who is following suit, also is highly impressed by the book. Not only for its craftsmanship, quality hard bound book,

but also for its recipes. Thanks to our Chiropractor for this recommend! Loving James Wong's style too! Grow Your Own Drugs came in a timely manor and was packaged properly. We were not paid nor discounted in any way, shape or form for giving our honest opinion here of this product as a review to assist others. We believe, as a family, it is important to give an honest and accurate review to assist others so they can make good purchasing decisions that can benefit them and their family. And not be lead to cheap, unwanted purchases that are scripted by advertisers to buy their products. We are a family that believes in a minimalist lifestyle while trying to be green as much as possible in all departments of our life. As we care to leave something, anything, of this planet to our grandchildren so they may enjoy it as we have. 29 of 29 people found the following review helpful. Wonderful! By Norma Lehmeierhartie Grow Your Own Drugs is filled with (mostly) easy to make recipes--all from natural ingredients that are readily available. The book is also beautiful to look through, making it more likely you will feel motivated to actually try many of the recipes. The book covers beauty recipes, and recipes to make you feel better or cure what ails you. I have been waiting for this book to be available in the States, as a friend from the UK had been raving about it. I already use (almost) only natural/organic beauty products and drugs, but look forward to replacing some store-bought with home made. Furthermore, I cook from scratch and make most of my cleaning products from scratch. Finally, I do use essential oils and flower essences to help alter my moods and for medicinal purposes--and they work. (For example, lavender is calming, tea tree for blemishes, etc.) So, Grow Your Own Drugs this is a natural step forward for me. I also like that the author, James Wong, is a scientist who has also studied the properties of plants around the world--this is no hobbyist! (As someone who has dabbled with the property of plants, I recognize many of the cures as those that are well established.) So, I feel comfortable with his advice and recipes. A quick look shows me that I already have many ingredients necessary to get me started on making several recipes, including one for inflammation, sore throats and for the upcoming season--bee stings. Highly recommend. Author of HARMONIOUS ENVIRONMENT. 0 of 0 people found the following review helpful. Five Stars By Nancy Pulsipher Very useful book.

With easy recipes using ingredients grown in your window box or the local market, Ethnobotanist James Wong shows you how easy and cheap it is to make simple creams, salves, teas, lozenges, and much more. James uses his top-class academic knowledge to reveal how many plants contain the same active ingredients as over-the-counter drugs, and offers recipes to relieve a whole range of common conditions, including:

Digestive disorders: bad breath, heartburn and indigestion, digestion, irritable bowel syndrome, constipation, flatulence, diarrhea

Skin complaints: athlete's foot, eczema, insect bites and stings, acne, sunburn, age spots, fungal conditions, burn scars, poor foot circulation, chapped hands and sores, insect deterrent

Kids' remedies: vitamin booster, head lice, eczema, ear wax build-up, colic

Aches and pains: water retention, varicose veins, aching muscles, arthritis

Female-specific problems: hot flashes and night sweats, morning and travel sickness, PMS, cystitis

Under the weather: colds and flu, coughs and sore throats, cholesterol reducer, hangover, cold sores, immune system booster, mouth ulcers, restorative

Mind: memory enhancer, insomnia, migraine prevention, anxiety, memory booster

Face and body: hair strengthener, body scrub, bath and massage oil, deodorant, face mask, hand care, bath bomb, exfoliator, face toner/hair rinse, sore eyes, tired/red eyes, glycerine soap, plague remover and gum soother, chapped lips

With over 150 full-color photos, this book outlines all of the tools, oils, waxes, and powders necessary to get started, and also directs you to suppliers for easy shopping. You'll also find a 60 page reference of the top 100 plants you should consider growing in order to make herbal remedies out of your own garden. So unleash the power of plants and soothe the symptoms of everyday ailments the natural way.

BLEMISHES Witch Hazel Gel 200 g witch hazel twigs and (preferably young) leaves (see Resources on page 218) 2 cups (500 ml) hot water 6 packets vegetable gelatin 2 tbsp vodka

1. Place the witch hazel in a pan with the hot water. Over a gentle heat, slowly reduce mixture to a third of its volume until it reaches about 2/3 cup of liquid (this will take about 1 hour).
2. Line a sieve with cheesecloth, then strain the liquid into a mixing bowl. Add the gelatin, stirring to dissolve. Set aside to cool.
3. Once cool, add the vodka and stir well. Pour the gel into a wide-mouthed jar.

COLIC Chamomile Syrup 4 handfuls (approx 40 g) German chamomile (*Matricaria recutita*) flowerheads 4 cups (900 ml) water 2 1/4 cups (450g) sugar or 1 cup (340g) honey

1. In a pan, put the chamomile in the water and bring to a boil. Turn the heat to low, then cover with a tight-fitting lid and simmer for about 20 minutes.
2. Reduce the mixture to 3/4 cup (approx 200 ml) by simmering very slowly with the lid off for an additional 20 minutes.
3. Add the sugar and simmer for a few more minutes, stirring until the mixture looks like syrup. Be careful not to boil rapidly; allow it to bubble just a little.
4. Strain through a mesh sieve and then pour it into a sterilized bottle. Seal with a cork; if the syrup ferments, the bottle might explode.

USE: For a child, 1 tsp, 3 to 6 times a day. For adults, 2 to 4 tsp, 3 to 6 times a day. **Caution:** If you are diabetic, do not use. **STORAGE:** Keeps unopened for up to 1 year. Once opened, keeps for 1 week in the refrigerator.

SORE THROAT Echinacea Throat Spray 3 cloves 5 peppermint leaves, finely chopped 5 sage leaves, finely chopped 2 tbsp (30 ml) Echinacea purpurea tincture (from natural food stores)

1. Place the cloves, peppermint, and sage leaves in a small glass bowl, then add the echinacea tincture. Cover and let stand for 2 weeks in a cool, dark place. You will see the color change gradually.
2. Strain the liquid through cheesecloth placed in a strainer, squeezing all of the liquid from the herbs by hand. Filter the liquid into a sterilized spray bottle.

USE: Spray as often as needed. **STORAGE:** Keeps in the refrigerator for up to 1 year. **MIGRAINE PREVENTION**

Feverfew Sandwiches 2 fresh feverfew leaves sandwich, containing filling of your choice To aid digestion, add two fresh leaves (1 g) to a lunchtime sandwich.

"This is not only a useful book, it's a beautiful book." --Martha Stewart "The recipes in Wong's book offer remedies for a wide range of ailments -- from sore throats to hot flashes to head lice... Wong says humans have been battling with insects for only a few thousand years. Plants, however, have been at war with insects for millions of years. 'Over that huge period, there's been time for them to evolve all sorts of unusual strategies, many of which are natural chemical weapons -- insecticides -- that exist in the environment that can be used in all manner of ways,' he says. In his recipes, Wong says he hijacks what plants have evolved for themselves, and he uses that to treat humans and animals." --NPR's "All Things Considered" "A provocative title - which sounds even more provocative when you realize that the author's name rhymes with bong. Bonus! But back off, dude. This is actually a guide to growing home remedies - legitimate remedies - for a variety of legitimate ailments, from athlete's foot to water retention. And Wong is an ethnobotanist who trained at the famous Royal Botanical Gardens at Kew in England and now lectures at the University of Kent. This book is based on his BBC show of the same name, which airs in Britain. Despite the garden-focused title, most of the book is made up of recipes, which means that even if you don't have a green thumb, you can still try your hand at a homemade head-lice treatment (rosemary, lavender, neem oil, almond oil, garlic and tea tree oil) or beeswax lip balm (marigold petals, almond oil, beeswax, honey, vitamin E and aloe vera gel), among many other remedies." --Milwaukee Journal Sentinel "Yes, the title does conjure up images of pot plants and basements with grow lights, but James Wong's new book is about those medicinal plants that may already be sprouting in your yard. Wong, a well-known ethnobotanist and BBC star, has compiled a list of 100 plants (and their parts) -- fruit, vegetables, trees, shrubs, roots, herbs, flowers and leaves -- that offer remedies for a plethora of disorders." --The Oregonian