



# Be Your Own Herbalist: Essential Herbs for Health, Beauty, and Cooking

*PhD Michelle Schoffro Cook*

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# Be Your Own Herbalist: Essential Herbs for Health, Beauty, and Cooking

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**Be Your Own Herbalist: Essential Herbs for Health, Beauty, and Cooking** PhD Michelle Schoffro Cook  
This complete guide will get you growing, harvesting, using, and healing with herbs — the world's oldest and most effective natural medicines. Popular health writer Dr. Michelle Schoffro Cook profiles thirty-one common and easy-to-grow (or readily available) herbs, sharing scientific discoveries about their usefulness and offering more than one hundred easy ways to use them in delicious recipes, healing teas, and soothing body treatments. You'll discover ways to delight body and mind as you incorporate Mother Nature's medicines into daily life, where they nurture and protect.

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