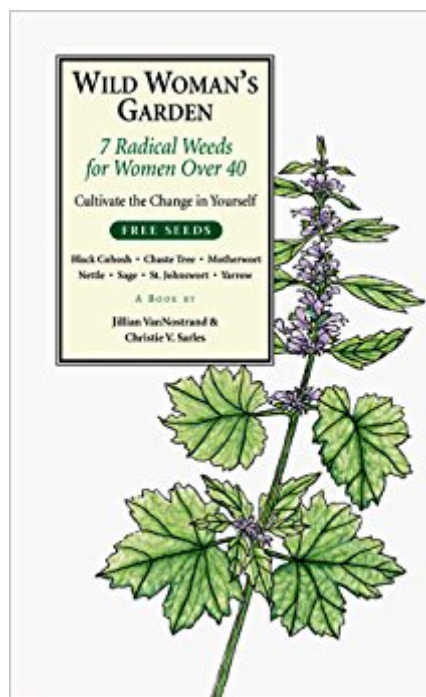




The book was found

Wild Woman's Garden: 7 Radical Weeds For Women Over 40 (The Garden Remedy Series) (The Garden Remedy Series)



Synopsis

Hot flashes? Night sweats? Mood swings? Not up this garden path! Wild Woman's Garden is a handy, incisive guide to 7 essential herbs for midlife women, complete with free seeds and simple instructions on how to grow and make your own natural remedies for PMS and menopause. Susun Weed, editor.

Book Information

Series: Garden Remedy

Paperback: 32 pages

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Average Customer Review: 4.4 out of 5 stars 6 customer reviews

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Customer Reviews

"Wild Woman's Garden really IS radical! What a great way to gently encourage women to grow their own remedies and take charge of this phase of our lives. And the format is beautiful -- I like the focus on just 7 important wimmin's allies, this way you can spend time savoring each herb without feeling overwhelmed. Wild Woman's Garden offers new information in a very user-friendly way." -- Carol Leonard, co-author, Women's Wheel of Life, June, 1998 "A simple book with a profound invitation into the wild garden of women. [Sisters] VanNostrand and Sarles sow seeds of celebration for the changing seasons of female embodiment. Hygieia's highest recommend for an introductory book about cultivating menopause with herbs." -- Jeannine Parvati Baker, author, Hygieia: A Woman's Herbal, June 23, 1998 "If there was ever a book that clarified the use of herbal wisdom at midlife, this is it! Wild Woman's Garden boils down in a simple and completely practical way, everything you need to know to use plant wisdom to best advantage at midlife. I have never seen it laid out so clearly, nor in a way that spurs one on to action more completely. It's all you can do to

keep from going out and digging, once you read through this book. I found it empowering, practical, and fascinating." -- Christiane Northrup, M.D., author, *Women's Bodies, Women's Wisdom*, July 2, 1998
"The Wise Woman Way is presented here in open-armed abundance! -- Susun S. Weed, author, *Menopausal Years the Wise Woman Way*, July 8, 1998

Wild Woman's Garden: 7 Radical Weeds for Women Over 40 gets rave reviews from internationally known women's health experts. Top herbalists and medical authorities agree that this book's a winner! This is the first in a unique series of garden remedy books with free seeds. Watch for two new books from *Radical Weeds* in 1999. There's a garden in every one....Everyone into the garden!

Perfect for my reference library as I pursue certification as herbalist

I enjoyed this book and am getting ready to plant the herbs I don't already have in the ground. Thanks for a easy-read, informative book.

Pretty good little book - some interesting and helpful material. Came with a card to send for free seeds (for plants covered in the book) which I have not yet received. Enjoyable reading.

Jillian and friends have written a friendly herbal companion for women in midlife. This book is succinct- seven herbs, each with a drawing and a page of information, followed by information on the growing and preparing of herbs. *Wild Woman's Garden* covers all aspects of these herbs, from sowing the seeds to using them for your health. Yet you are not overwhelmed with too much information. Now I can't wait to enter midlife so I can be a Wild Woman!

I found this book to be refreshing, informative, and user-friendly. It's comforting to be able to participate in our own well being, and realize that there are many others who have gotten through this successfully!

An easy read for an easy start making your own herbal remedies. Get this while you can!

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