



Herbal Goddess: Discover the Amazing Spirit of 12 Healing Herbs with Teas, Potions, Salves, Food, Yoga, and More

Amy Jirsa

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Master herbalist Amy Jirsa offers recipes and ideas for exploring and embracing the distinctive qualities of 12 powerful healing herbs -- chamomile, rose, dandelion, holy basil, nettle, calendula, lavender, turmeric, echinacea, elder, cinnamon, and ginger. Jirsa shows you how to get to know each one just as an herbalist does -- by immersing yourself in every aspect of the herb and naturally coming to understand its innate properties. Through delicious teas and foods, luxurious salves, skin and hair care treatments, complementary yoga poses, meditations, and more, you'll deepen your appreciation of these herbs and learn how best to use them for radiant health and wellness.

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