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# Women Healers of the World: The Traditions, History, and Geography of Herbal Medicine

*Holly Bellebuono*

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**Women Healers of the World: The Traditions, History, and Geography of Herbal Medicine** Holly Bellebuono
**A celebration of the healing traditions that made yoga, acupuncture, and aromatherapy popular.**

The recent trend toward holistic living has heightened our national fascination with herbal remedies and less conventional therapies such as acupuncture, yoga, aromatherapy, and ethnobotany. Now, this intimate and inspiring book opens up the world of herbal medicine to those interested in learning about the history of these techniques and approaches.

*Women Healers of the World* shares with readers an extraordinary variety of healing plants from around the world that have inspired today's "alternative" medicine, as well as the stories, challenges, and triumphs of remarkable women healers from past and present—all of whom promote the use of medicinal herbs.

Through this book, herbalist and author Holly Bellebuono aims to educate readers about sixteen plant-based world healing traditions and thirty women who have practiced them. Bellebuono also explores the geography, history, and medical heritage of twenty countries where these traditions originated.

With thorough knowledge of the uses and effects of these healing traditions, readers can then move on to featured recipes for herbal remedies they can make in their home kitchens. Following Bellebuono's instructions, readers will produce remedies such as soothing lip balms, wound pastes, face masks, arthritis oils, relaxing bath salts, and revitalizing teas.

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