Foraging Wellness

Mastering the Time Factor Understand that you don't actually need huge blocks of to make it happen. If you have just 5 minutes, you can pick an herb, make a tincture, or a tea blend. And craft the exact remedies you need. It doesn't have to be . . What if instead you could _____ and you had the confidence that it was the safest, most potent herbal remedy you could find. This doesn't mean having to work much harder. It's about working . In many cases it takes only a few to harvest an herb and turn it into a safe and potent remedy. Multiply that by many herbs over the growing season and you will have a _____ herbal apothecary to take your family through the year, while investing only ____ at a time. When you take a chemical drug your body has to recover from ____ and then recover from the _____. Whereas, our bodies were designed for plants as food and medicine. We nurture the plants and they also nurture us. The 3rd Leading cause of death in North America is ______ and currently the top contender is "unknown causes". Most herbalists use a handful of medicinal herbs but they know them really well and use them for a ______. Knowing a dozen herbs really well can take care of most _____ to health challenges effectively. If you are just starting out, along the herbal path, _____ to use to make herbal formulas can save you money, because when you forage you are getting something for free. It doesn't take long to find the _____, harvest them, and then make the right herbal formula for your needs. It's really just 5 minutes here and 5 minutes there. I call this "

If you have just minutes, you can pick an herb, make a tincture, or a tea blend. And craft the exact remedies you need. It doesn't have to be complicated
If you can't herbs in their natural form you will always be on your local heath food store or an online supplier for your remedies. And you'll need to trust them, that they actually are selling you the herb they say they are.
How much freedom will you gain if you no longer need to rely on the drug store for your health and wellbeing, because you know how to craft exactly what you need from local plants?
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