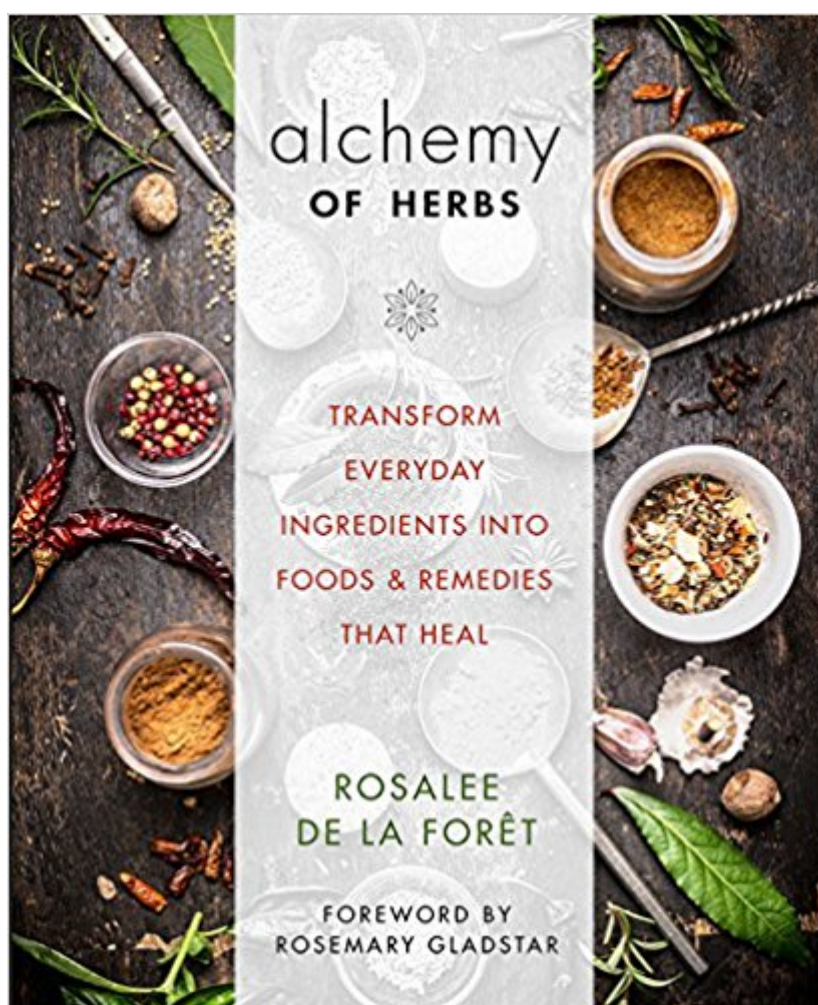


The book was found

Alchemy Of Herbs: Transform Everyday Ingredients Into Foods And Remedies That Heal



Synopsis

Did you know there's a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for: Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . . *Alchemy of Herbs* will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that's as simple and inexpensive as cooking dinner. With the guidance of herbalist Rosalee de la Forêt, you'll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family. In addition to offering dozens of inspiring recipes, Rosalee examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics. Grow your knowledge of healing herbs and spices and start using nature's pharmacy to feed, heal, and nurture your whole family!

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Customer Reviews

"In this practical book, Rosalee de la Forêt reintroduces us to familiar kitchen

herbs and spices, helping us to see them in a new light. Through personal and intimate storytelling, she teaches how to match herbs to people effectively instead of using them as pharmaceutical alternatives. Drawn in by the abundant, delicious recipes, you may come to this book as a home chef, but you will leave as an herbalist, transformed by the power of Rosalee's alchemy.

—A• —a • —A — Guido Masf©, author of The Wild Medicine Solution and DIY Bitters

—A“Alchemy of Herbs” puts the power of some of the most potent herbal medicines on the planet into your hands. These medicines have been tried and tested for millennia. And now, by combining ancient wisdom with modern scientific understanding, Rosalee de la Forf helps you put nature's pharmacy to work.

Whether you want more energy, better digestion, deeper sleep, or to get sick less often, Alchemy of Herbs will give you the knowledge you need to restore your health and to contribute to lasting wellness.

—A At once inspirational and deeply practical, this is a book to treasure, and to keep close at hand for the rest of your life.

—A• —a • —A — Ocean Robbins, co-host and CEO of The Food Revolution Network

—A“It's rare to find a writer who can describe complex ideas with such clarity and skill that anyone can grasp their subject.”

—a • Rosalee de la Forf is one of those souls. In this book, she's broken down the energetic qualities and medicinal uses of herbs into an accessible and coherent format. If you've ever struggled with matching herbs to people, the true gift of an herbalist, Rosalee gives you the tools to understand how herbs can effectively “nudge” the body's leanings back into a state of balance.

—A Alchemy of Herbs contains detailed medicinal profiles, zesty recipes, and time-honored plant wisdom. The perfect makings of a top-shelf herbal book that you will treasure for years, and turn to for inspiration time and time again.

—A• —a • —A — Juliet Blankespoor, herbalist and founder of the Chestnut School of Herbal Medicine

—A“This is a wonderfully accessible guide to introducing a medicine chest of healing plants in daily life. The information is presented in a refreshingly approachable way, by an author who loves both herbs and the simple joy they bring into our lives. The abundant recipes show how to access the healing gifts of the herbs as food, created to be both delicious and efficacious. True herbalism!”

—A• —a • —A — David Hoffmann, herbalist and author of Medical Herbalism and Holistic Herbal

—A“Another green blessing of herbal information from a practicing herbalist. What a delight to look at the herbs that Rosalee de la Forf loves and to encounter her avid desire to include you in the joy of herbal medicine.

—A• —a • —A — Susun S. Weed, author of the Wise Woman Herbal series

—A“I first

metÃ Rosalee de la ForÃfÃtÃ several years ago and was immediately impressed with her knowledge,Ã passion for herbal medicine, and ability to clearly communicate this information. It turns out she is also aÃ very good writer, and it is with great pleasure that I now hold her first book in my hands.Ã Alchemy of HerbsÃ is a wonderful introduction to 29 common herbs and spices, allowing you to understand how to use themÃ safely and effectively for home health care, how to make your own kitchen medicines, and how to make tastyÃ recipes so you can incorporate them into your diet.Ã

• David Winston, RH(AHG),Ã clinical herbalist, ethnobotanist, andÃ author ofÃ Adaptogens: Herbs for Strength, Stamina, and Stress ReliefÃ

“So many books geared toward those just beginning to explore the world of medicinal plants offer very basicÃ information, under the assumption that the foundational underpinnings of herbalism are somehowÃ too hardÃ for beginners to grasp. Here, in plain English,Ã Rosalee de la ForÃfÃtÃ shows us that the way that herbalists choose herbs for individual people with particular imbalances isnÃ some magical power or a skill attainable only by those who can devote their lives to intense study. Instead, it is rooted in common sense patterns that anyone can learn to recognize, given a model to do so. That this isÃ done using familiar herbs and spices available to all is an invaluable bonus. A book for everyone.Ã

• Ã jim mcdonald, herbalist and founder of herbcraft.orgÃ

“Herbal medicine can offer so much. But where to start? How do you know what herbs are good for you,Ã and how to separate fact from fiction?Ã Rosalee de la ForÃfÃtÃ presents an excellent approach to learningÃ the rich world of herbs. As an experienced educator and practitioner, she weaves together tradition,Ã experience, and science to present a holistic view of each of the plants, while providing specificÃ and practical advice for how you can bring them into your home and life.Ã Alchemy of HerbsÃ is a treasure for any health-seekerÃs bookshelf.Ã

• Ã Renee Davis, RH(AHG), founder of Goldroot Botanical MedicineÃ

“Many books introduce readers to herbs and their activities, butÃ Rosalee de la ForÃfÃtÃ skillfully introducesÃ people instead to herbalismÃ the nuanced art of matching plants to people. Drawing energetic traditionsÃ into a modern context and right into our kitchens, she provides a simple and elegant system to lookÃ beyond symptoms and generic cures and into the heart of true herbal healing.Ã

• Ã Larken Bunce, clinical herbalist and co-director ofÃ Vermont Center for Integrative HerbalismÃ

“Alchemy of HerbsÃ is a must-read for any herbalist, whether fledgling or experienced! Part reference guide,Ã part recipe book, and part herbal, this is a book that every herbalist will reach for again and again.Ã RosaleeÃ de la ForÃfÃtÃ has a knack for teaching others how to use herbs in

the best way possible by matching people's needs to herbs. This book is the definitive guide for the subject, giving anyone the confidence to use herbs to their fullest potential. Each chapter is engaging, relaying herbal information through a variety of anecdotal stories, scientific studies, and traditional usage, mixed with a variety of unique and inspiring recipes and gorgeous photographs. This is a book you will want to leave sitting out on your desk, coffee table, and kitchen counter, all at the same time.

— Kristine Brown, RH(AHG), herbalist and author/illustrator of *Herbal Roots Zine*

“Alchemy of Herbs is a sensory wonder, bringing us our medicines in the most delightful and tantalizing way they can be experienced: as culinary medicines. Step away from the bottle and the capsule and experience herbs in the full richness they can offer both as medicines and as partners in a life rich with plants.”

— Bevin Clare, associate professor of Integrative Health at Maryland University and president of the American Herbalist Guild

“As a French herbalist, I have a particular affinity for herbs that are both culinary and medicinal. We have a long tradition of healing food where I live in the South of France, mainly through the incorporation of aromatic herbs in our daily meals. *Alchemy of Herbs* is what I had been hoping for for years.”

— Rosalee de la Forêt

“sends us a very important message: health does not necessarily mean yucky potions. This book brings together beautiful pictures, tasty recipes, and health recommendations from an expert healer. In a nutshell: this is an invitation to cooking for a long and healthy life.”

— Christophe Bernard, founder of AltheaProvence.com

“Informative, concise, knowledgeable, and generous . . . Rosalee de la Forêt's sophisticated approach and her personal experience with herbs comes through in her beautiful recipes, which eloquently combine food and herbal medicine. Keep this book on your kitchen shelf—you will refer to it for healing and inspiration, always!”

— John Slattery, author of *Southwest Foraging*

“In this inspiring and practical book, Rosalee de la Forêt empowers you to awaken your senses in order to choose the best herbs for your needs. And what better way to experience the benefits and pleasures of herbs and spices than in the kitchen? Whether you're brand-new to herbs or have been using them for years, you will love these enticing recipes for delicious drinks, everyday meals, and simple remedies.”

— Emily Han, author of *Wild Drinks & Cocktails: Handcrafted Squashes, Shrubs, Switchels, Tonics, and Infusions to Mix at Home*

“In *Alchemy of Herbs*, author Rosalee de la Forêt joyously shares her deep wisdom of herbs to inspire and empower us to transform our kitchens into nature's apothecary where delicious, healing foods and

herbal remedies pour forth. Golden Milk, Hawthorn Cordial, and Nettle Leaf Dukkah are just a sampling of the many tasty, curative recipes offered. She unveils the enchanting, yet readily accessible world of herbalism that makes me fall right back in love with the plant kingdom; and you will too!

—Dina Falconi, herbalist and author of *Foraging & Feasting: A Field Guide and Wild Food Cookbook*

“In her wonderfully written book, *Alchemy of Herbs*, Rosalee de la Forêt encourages the reader to ‘break free from the insanity of the One-Solution Syndrome’ by choosing personalized herbal formulations based on what our own senses tell us our bodies need. What better scenario is there for using our senses to divine this knowledge than cooking with flavorful and aromatic healing herbs and spices? Self-empowerment begins in the kitchen as Rosalee tempts us with dozens of mouth-watering recipes and encourages us to ‘move forward with the mind-set of an explorer.’ Those new to plant-based healing as well as experienced herbalists will find that this beautifully illustrated book exemplifies the heart and soul of herbal healing through delicious food as powerful medicine.

—Jeff Carpenter, author of *The Organic Medicinal Herb Farmer: The Ultimate Guide to Producing High-Quality Herbs on a Market Scale*

“Rosalee de la Forêt has done a wonderful job of melding both the culinary and medicinal uses of herbs in a way that allows just about anyone to incorporate herbs into their daily lives. The recipes in *Alchemy of Herbs* are not only very appealing, but simple enough for the novice cook or herbalist. For those who are looking to spice up their lives and improve their health, I would say that this is the book for you.

—Natalie Vickery, herbalist and founder of TheFamilyHerbalist.com

“Rosalee de la Forêt has broken down some of the more complex parts of herbal medicine into clear and straightforward pieces. It’s very practical, but not at the expense of art and beauty. This book will be a classic.

—Traci Picard, herbalist and founder of FellowWorkersFarm.com

“It’s exciting to watch more and more people becoming empowered in taking better care of themselves and their families with the use of herbs and spices. Rosalee de la Forêt shares concepts like energetics and taste in such a way that makes it easier for people to understand them, and how to find which herbs are best for them as individuals. I’m sure that this book will prove invaluable to those wishing to make that leap into feeling comfortable and confident in making herbs a part of their lives. Everyone will learn something new!

—Tina Sams, editor of *Essential Herbal Magazine* and author of *Healing Herbs*

“I highly recommend Rosalee de la Forêt’s lovely collection of personal stories, recipes, and herbal information. Reading it is like working in the

kitchen alongside the delightful Rosalee, whose talent and experience with herbs is expert. Her book is unique in that it explains both the chemistry and the energetics of medicinal herbs and at the same time introduces their use in a friendly and inviting way. • Holly Bellebuono, author of The Healing Kitchen and The Essential Herbal for Natural Health “Rosalee de la Forêt’s book is an excellent introduction to the energetics and science behind the use of our most common culinary and medicinal herbs, providing the reader with a solid foundation for further learning and exploration. • Todd Caldecott, Dip. Cl.H., RH(AHG), CAP(NAMA), Ayurvedic practitioner, medical herbalist, and author of Food as Medicine

Rosalee de la Forêt is passionate about helping people discover the world of herbalism and natural health. She is a Registered Herbalist with the American Herbalists Guild, and as an herbal consultant she helps people find natural solutions to their chronic health problems. She also teaches extensively about herbalism internationally and as the Education Director at LearningHerbs. Rosalee is the author of numerous articles, e-books, and two online courses: The Taste of Herbs and Herbal Cold Care. Websites: www.HerbalRemediesAdvice.org and www.LearningHerbs.com

Wow! That was the first thing that came out of my mouth as I began reading this book. It is by far the best introductory book I have seen in my almost three decades of learning about herbal medicine and herbal support. I was hesitant to buy another introductory herb book as my knowledge is beyond the introductory level. But the recipes in this book are worth every penny. I wish I had this book to start with back then. I think it would have saved me money, time and energy as I explored what I thought was herbal medicine content. The content is not overwhelming and if this is the only herb book you learn from you will have a basic foundation if using herbs for nutritional support and basic home remedies. The foundational content includes an explanation about how herbs serve individuals unlike our current system of One Solution Syndrome for everyone (take a pill for this and then take a pill for that), a well-explained overview of the energetics of herbs and deep dive into the tastes of herbs - which is my favorite part. More than anything else, I love the simplicity of introducing herbs through food and cooking. Food should always be our first medicine - which is how I can easily justify a Cardamon Chocolate Mousse Cake each month since it so good for me! Another aspect I like about the recipes is that they are all very doable: no specialized equipment, no huge orders of exotic herbs and spices and no tricky culinary skills required. The author has done a remarkable job of making herbal support both legitimate to the doubtful and accessible to the

open-minded. Most importantly, Rosalee uses her clinical skills throughout her writing and offers recent research to support medicinal applications. She also employs safety and caution and gives specific examples of what some herbs can do (because yes, they really work!) to some individuals. Overall, I think this is the best introductory book on incorporating herbs and their nutritional and medicinal properties to support our health.

I'm not sure what I was expecting (maybe the stereotypical herb book) but Rosalee has covered SO much more than I imagined would be in there! I've only skimmed through so far but want to say I love all the photos, powerfully useful information and the easy to read tone and type font. And of course that "new book smell" Just knowing some Herbs and ID'ing them is one thing, but learning ways to actually USE them (aside from plain old tisanes, tinctures and salves) is a real treasure! This will make a great gift for my sisters who are learning about Herbs, too, and my daughter so she can prepare even healthier and more fun meals. My grandkids are excited to forage with me this season. What better way to get them excited about nature, nutrition, their meals, survival basics - and keeping their noses out of electronic devices as they get older - than hands on "doing".

ÃfÂ Ã ÅÃ ÆœÃ Å We need more practical application guides like this.

After listening to the podcast for this book I couldn't wait to preorder it. It is everything it was touted to be. It feels like a study guide for Herbs, giving their uses, benefits, matching Herbs to you not an ailment. I love how it is laid out and how each herb is described as warm or cold, damp or dry. Even the tastes of Herbs and what they mean, Pungent, Salty, Sour, Bitter, Sweet. The recipes look easy and some thing I would enjoy making and use. I will be reading this book again and again. Everyone needs a starting point, and this book is it.

This was way beyond what I was expecting! There were two assessments to determine if you are a hot or cold type and a dry or damp type. This is something I have been trying to figure out for years! This helps with herb selection. Also her herbs are listed by type as pungent, salty, sour, bitter and sweet. This allows you to focus on the type of herbs you most frequently need. And she has provided a few recipes that use each herb or several herbs. I already have pages of notes and am now preparing to buy some herbs locally from known vendors to grow in pots at home. I have highly recommended this book to friends already just based on a few days of reading.

This book is very well organized for anyone new to herbology. I particularly liked her focus on the

individualized approach to medicine, incorporating the many solution approach, integrating herbology with all aspects of medicine. Diagnosing the individual rather than the disease makes each remedy individualized. Our thoughts, feelings and environment may result in dis-ease and the western approach of soothing the symptoms actually makes discovering the root cause that much harder. I also liked her simple explanations, her organization of herbs into sweet, sour, bitter, salty and pungent, and the fantastic recipes which allow one to fully incorporate the herbs into one's life.

I've been learning about and using herbs for about a year now. I really like how Rosalee de la Foret is able to explain complex ideas in a simple, understandable way. The intro chapters about energetics (both of people and of plants) are especially interesting and not something I have found in my other herb books. I've read the whole book, but as I am currently pregnant, I haven't tried many of the recipes. I do plan to make a chocolate cardamom cake this weekend, however! Be aware that many of the recipes use weird ingredients that most people don't have. You may have to buy one or two ingredients for each recipe.

Alchemy of Herbs is a beautiful book with many wonderful photos. Rosalee does a great job of explaining about each herb included, and giving recipes where the herb can be used in everyday life to improve health. It is fully referenced with scientific studies, as well as covering things like the energetics of the herbs. The only issue I had with the book was that it was a very heavy book for the type of binding and the front cover came unglued which is disappointing, but that is to do with the publisher not Rosalee.

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