



# The Green Witch: A Modern Woman's Herbal

*Barbara Griggs*

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**The Green Witch: A Modern Woman's Herbal** Barbara Griggs

THE GREEN WITCH is a modern, comprehensive guide to using herbs. For home or garden, for beauty or hygiene, for kitchen and bathroom, for relaxation or relief from sickness, people everywhere are turning to the world of plants, be they flowers, leaves, berries or roots and barks. Full of practical advice, and packed with recipes for aromatic mixtures and effective natural remedies, this magical book shows you how to use the astonishing power of plants and herbs. Including sections on: \* wild food; \* spices; \* the sweet-smelling home; \* fragrant herbal baths; \* natural secrets of beautiful hair and skin; \* and an important section on herbal remedies for adults and children.

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