



The Authentic Herbal Healer: The Complete Guide to Herbal Formulary & Plant-Inspired Medicine for Every Body System

Holly Bellebuono

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We are blessed with a rich variety of medicinal plants from around the world that work in profound ways to strengthen our health. But how do we use them? How do we combine them? And what, exactly, do they do in our bodies? With encouragement, humor, and up-to-date botanical studies, Holly Bellebuono's *The Authentic Herbal Healer* is a robust guide for those seeking a holistic experience creating and using herbal medicines. Award-winning herbalist Bellebuono covers a wide range of herbal issues, from detailed formulary to pharmacology to nourishing tonics to positive self-empowerment, covering every major body system for men, women, and children-and offering valuable personal guidance along the way. Rich with Holly's personal examples and up-to-date clinical research, *The Authentic Herbal Healer* guides the reader step-by-step in crafting effective formulas and backs it all up with a comprehensive multicultural materia medica, including more than 130 herbs used around the world, as well as sections on edible herbs, wildcrafting, and the vital foundations of preparing an effective herbal formula for optimum healing. "Holly is an engaging speaker and the depth of her knowledge and passion for herbalism shines through every word". ? Caroline Stahlschmidt, *Elevate Your Wellness*, North Carolina

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