



# My Home Pharmacy: How Foods and Herbs Can Be Your Medicine

*Tracy Gibbs*

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# My Home Pharmacy: How Foods and Herbs Can Be Your Medicine

Tracy Gibbs

## My Home Pharmacy: How Foods and Herbs Can Be Your Medicine Tracy Gibbs

For thousands of years, herbal remedies dominated medicine and healing. Today, Tracy Gibbs, PhD, draws on the history of herbal and botanical medicine along with tried-and-true remedies in this new book! Read about recipes used in his own family as well as traditions from local healers, naturopathic doctors and researchers from around the world. In *My Home Pharmacy*, Tracy shares his family recipes and years of knowledge about traditional methods of healing with you!

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