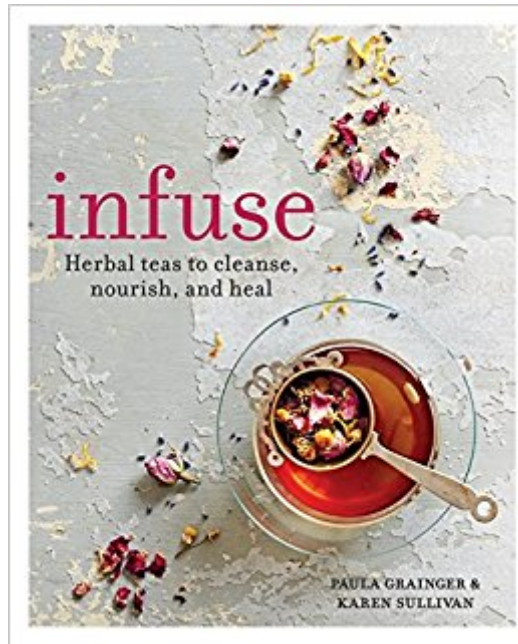




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Infuse: Herbal Teas To Cleanse, Nourish And Heal



Synopsis

Lost your zest for life? Feeling tired and sluggish? Need a health boost? Reach for a soothing cup of herbal tea and harness the extraordinary power of nature's most potent healing ingredients. With more than 70 expertly formulated recipes for tasty, soothing, caffeine-free infusions, tea tips to help you get the most from your brew, and a comprehensive directory of herbal ingredients and their active properties and benefits, you can blend, brew and sip your way to wellbeing.

Book Information

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Customer Reviews

Karen Sullivan is a highly regarded journalist, qualified nutritionist and bestselling author of many health and nutrition books for adults and children, including *Natural Healthcare for Children*, *Organic Living in 10 Simple Lessons* and *Vitamins and Minerals: An Illustrated Guide*. She is a nutritional consultant to many high-profile authors and lectures widely on women's health issues. Paula Grainger is a well-known Medical Herbalist and member of the National Institute of Medical Herbalists with respected practices in Santa Cruz, California and her native England. She works with clients using herbs and nutrition to maximize wellness, as well as teaching natural and herbal lifestyle classes. She blogs on all things herbal at www.paulagrainger.com.

A beautiful book with lovely photographs, written with passion and an obvious knowledge of the various special herbs and spices used for each herbal infusion. I love that this book has a beverage recipe for every occasion and life-stage. Makes a wonderful gift. I gave a copy to a friend who told me that she had been looking for health-boosting, caffeine-free alternatives to tea and coffee. This

book has the information she was looking for. Now she loves "infuse," too!

Lovely presentation, beautiful images, and enticing herbal tea recipes that I look forward to trying.

I'm looking forward to trying several of the tea blends mentioned in this book. I have a fairly large herb garden and hope to have blends to give as gifts this holiday season.

I was searching for books on herbal tea, and was so excited to find this one! I know Paula from my time in Santa Cruz, having attended some of her workshops (and our kids went to school together). I didn't know she'd written a book, so of course I ordered it. I'm so impressed I had to give a 5 star rating for the lovely and user-friendly design, the simple, approachable recipes and the helpful "Herb-pedia" chapter, which explains each herb and the accompanying benefits. The book includes great resources for ordering bulk herbs - I'm already on my 2nd order:-)... and while my kids are asking why I've suddenly become so tea-obsessed, I'm enjoying every cup!

Absolutely love this book. Learned much, love the photos. Enjoyed many of the recipes.

Great easy to use and understand book, well set out.

Really like this book. Really beautiful pictures and a nice overview of herbal teas in the beginning. Mainly all recipes.

I love the way the book was presented. Some of the herbs could not be found locally so I ordered them. If you're interested in learning about the different herbs and how to use them this is a good book to start with.

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