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Homemade Health (Herbology at Home)

Anke Bialas

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Homemade Health (Herbology at Home) Anke Bialas
Homemade Health is a collection of home remedies straight from a time, not so long ago, when people went to their garden or kitchen pantry before going to a doctor.

Some tried and true, some quirky, but all based on natural remedies your grandmother knew and most likely used on a regular basis.

- Healing properties of common culinary herbs
- 43 common ailments
- 160+ remedies with recipes
- Common & botanical names
- Harvesting & preserving
- Making herbal remedies at home

Herbal traditions run in Anke Bialas' blood. She spent her childhood learning traditional Germanic herb lore from her paternal grandmother, who learned from her own mother before her. Anke now lives in Brisbane, Australia with her husband and 3 boys where she continues to teach about herb use on *Herbology.com.au*, reconnecting people with old world health traditions. Anke focuses on simple, effective remedies with an emphasis on common sense and safety.

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