



# The Lost Book Of Herbal Remedies

# The Lost Book Of Herbal Remedies PDF

**Disclaimer:** This document (about The Lost Book Of Herbal Remedies PDF by Dr. Nicole Apelian and Claude Davis) is **unofficial**, and has NOT been written by the authors of the book (it's actually our review). Therefore, for updated information, we recommend you to [check their official website](#)

This book is a comprehensive guide that will help readers understand how to identify and use herbs effectively to create powerful remedies.



[Click to access The Lost Book Of Herbal Remedies](#)

The Lost Book Of Herbal Remedies PDF by Dr. Nicole Apelian and Claude Davis is an essential resource for preppers and survivalists. It provides an authoritative tome of 300 pages of remedies to help treat common ailments with natural ingredients. The book contains teas, decoctions, oil infusions, salve-making, tinctures, extracts, medicinal syrups, and poultices.

The high-resolution pictures allow readers to easily identify hundreds of plants growing in North America and Europe.

This book is an invaluable guide to discovering the healing potential of herbs. It provides step-by-step instructions on how to prepare remedies, with detailed descriptions and pictures of herbs to help you identify them.

It also includes information on dosage and side effects, as well as the best ways to store remedies safely.

The Lost Book of Herbal Remedies PDF offers readers an in-depth look at the healing properties of herbs and their potential to treat a variety of common ailments such as inflammation, indigestion, flu, hypertension, and headaches. Whether you are a prepper or a survivalist, this book is an essential resource for anyone interested in self-sufficiency.

### *Benefits of the Lost Book of Herbal Remedies PDF*

The Lost Book of Herbal Remedies PDF is an essential reference for any prepper or survivalist. This comprehensive 300-page book is packed with a massive selection of remedies, including teas, decoctions, oil infusions, salve-making, tinctures, extracts, medicinal syrups, and poultices. With detailed step-by-step instructions for preparing each remedy, users can easily learn how to treat a wide range of ailments and conditions.

Each herb has a detailed description of its healing properties and recommended dosage, as well as information on possible side effects. With this information, readers can make informed decisions about which herbs to use to treat various illnesses and conditions.

The Lost Book of Herbal Remedies PDF provides a comprehensive overview of the healing potential of herbs. This book can help preppers and survivalists learn to treat inflammation, indigestion, flu, hypertension, headaches, and many other issues with natural ingredients. There are also

instructions for safe storage of remedies, so that users can store their remedies in a safe and secure manner.

The Lost Book of Herbal Remedies PDF is an invaluable resource for any prepper or survivalist looking to make use of the healing power of herbs.

With a huge selection of remedies, detailed descriptions of plants, and step-by-step instructions for preparing remedies, users can learn to treat a wide range of ailments and conditions with natural ingredients.



This book is an essential reference for anyone looking to take control of their health with the help of natural remedies.

### *About the authors*

Dr. Nicole Apelian graduated with a degree in Biology from McGill University in Canada and has her Master's degree in Ecology from the University of Oregon. She is a respected herbalist and has a deep understanding of the healing properties of herbs and plants. As well as her

scientific training, she is also a mother and survival skills instructor, and a keen anthropologist.

Claude Davis is a Wild West history expert and runs a very successful blog for preppers. His main focus is to save the survival skills of our grandparents by passing them on to the next generation.

He's the author of the innovative and bestselling book, [The Lost Ways](#) which explores the wisdom of our ancestors and how to use it to become more self-sufficient in an ever-changing world.

Together, Dr. Apelian and Mr. Davis have created The Lost Book Of Herbal Remedies PDF to provide information on the healing power of herbs.

Their combined expertise offers a comprehensive guide on the medicinal uses of plants and the preparation of remedies.

[Click to access The Lost Book Of Herbal Remedies](#)

They also ensure that readers are aware of the risks associated with taking certain herbal remedies, such as dosage and potential side effects.

### *Types of Remedies*

Teas are often the most common type of herbal remedy. Teas are typically made from dried leaves, flowers, and stems of medicinal plants and are used to treat a variety of conditions.

Teas are easy to make and can be prepared in many different ways, depending on the desired effect of the remedy.

Decoctions are an effective remedy to extract the medicinal properties from plants. This process involves boiling the parts of the plant in water to

extract the active ingredients. This type of remedy is typically used to treat digestive disorders, infections, and inflammation.

Oil infusions are also used to extract the medicinal properties of plants.

This process involves soaking the plant material in oil for several weeks and then straining it to produce an oil infused with the active ingredients of the plant. Oil infusions are used to treat skin conditions, infections, and inflammation.

Salve-making is another type of remedy involving the use of plant material to create a topical remedy. This process involves heating the plant material and combining it with oil or beeswax to create a thick salve. Salves are effective in treating skin conditions, wounds, and infections.

Tinctures are a form of herbal remedy that involves soaking the plant material in alcohol or vinegar to extract the active ingredients.

Tinctures are used to treat a variety of ailments, including digestive issues, inflammation, and infections.

Extracts are a concentrated form of herbal remedy that involves extracting the active ingredients from the plant material. This process involves soaking the plant material in alcohol or vinegar and then straining it to remove the active ingredients. Extracts are often used to treat chronic conditions, inflammation, and infections.

Medicinal syrups are an effective way to treat a variety of ailments. This process involves boiling the plant material in water and then combining it with honey or sugar to create a thick syrup. Medicinal syrups are used to treat coughs, colds, digestive issues, and inflammation.

Poultices are a type of remedy that involve mashed or ground plant material. This process involves combining the plant material with water or

vinegar to create a paste-like consistency. Poultices can be applied directly to the skin to treat a variety of skin conditions, wounds, and inflammation.

### *Herbs to be Found in North America and Europe*

This comprehensive collection of medicinal and culinary herbs covers a wide range of species, from common kitchen herbs such as parsley and basil, to more exotic plants like gotu kola and arnica.



Dr. Nicole Apelian's book provides clear, high-resolution pictures of the herbs to help readers identify them in the wild. Alongside each plant is a detailed description of its medical properties and how it can be used to treat various ailments.

For example, the book explains that arnica is a powerful anti-inflammatory and can help to reduce swelling and pain in the joints or muscles. Gotu kola is a nervine tonic that helps to strengthen and restore the nervous system and can be used to treat anxiety and depression.

The Lost Book of Herbal Remedies PDF also provides information on the best way to prepare each herb for medicinal use. This includes step-by-step instructions on how to make teas, decoctions, oil infusions, salves, tinctures, extracts, medicinal syrups, poultices, and more.

This ensures that readers have all the information they need to make the most effective remedies. There is also useful information about dosage and possible side effects to consider when using different herbs.

In addition, the book provides guidance on how to store the remedies for maximum potency. This includes advice on storing them in dark places, and how to preserve them using alcohol or glycerin.

[Click to access The Lost Book Of Herbal Remedies](#)

The authors also provide tips on how to identify plants in the wild, such as by looking for the distinctive shapes of the leaves and the flowers.

### *Preparing Remedies*

Making herbal remedies can be a time-consuming but rewarding process. The Lost Book Of Herbal Remedies PDF by Dr. Nicole Apelian and Claude Davis provides step-by-step instructions for preparing remedies from the plants and herbs one can find in North America and Europe.

The first step in the process is to identify the herbs needed for the recipe, which can be done by consulting the detailed descriptions and pictures of the herbs available in the book. Once the herbs have been identified, the book provides detailed instructions on how to prepare the remedies.

For instance, teas and decoctions require the herbs to be boiled in water for a number of minutes, while oil infusions and salve-making require the herbs to be mixed with a fatty oil such as coconut or olive oil and heated for



a certain amount of time. The book also explains the process of making tinctures, extracts, medicinal syrups, and poultices.

Once the remedies are prepared, the book provides information on the dosage and side effects, and how to store the remedies safely.

## *Common Ailments*

Inflammation is one of the most common ailments that can be treated using herbs from *The Lost Book Of Herbal Remedies PDF*. For inflammation, herbs such as burdock root, ginger, turmeric, and licorice can be used in teas, decoctions, and tinctures. These herbs have anti-inflammatory properties that can help to reduce inflammation and reduce pain.

Indigestion is another common ailment that can be treated with herbal remedies. Herbs such as mint, chamomile, ginger, dill, fennel, and anise can be used to soothe the stomach and reduce symptoms of indigestion. These herbs can be brewed into teas or tinctures, and can help to reduce bloating, constipation, and stomach cramps.

The flu is another ailment that can be treated with herbal remedies. Herbs such as elderberry, echinacea, garlic, and ginger can be used to treat the flu.

Hypertension is another common ailment that can be treated with herbs. Herbs such as hawthorn, garlic, and hibiscus can be used to reduce blood pressure and improve cardiovascular health. These herbs can be taken as teas, tinctures, or syrups.

Headaches can also be treated using herbs from *The Lost Book Of Herbal Remedies PDF*. Herbs such as willow bark, peppermint, lavender, and ginger can be used to reduce the severity of headaches.

These herbs can be taken as teas, tinctures, or oil infusions. They can help to reduce stress, relax muscles, and reduce inflammation.

The Lost Book Of Herbal Remedies PDF is an invaluable resource for preppers and survivalists who want to learn how to treat common ailments with natural remedies. The step-by-step instructions on preparing remedies, along with information on dosage and side effects, make it easy to use herbs safely and effectively.

The book's 300 pages are packed with remedies, instructions on how to prepare them, and detailed descriptions. The high resolution pictures make it easy to identify hundreds of plants, making this a great resource for both novice and experienced herbalists.

The Lost Book of Herbal Remedies PDF is a comprehensive resource for anyone looking to explore alternative treatments and natural therapies. With its vast selection of remedies, detailed information on herbs, and comprehensive instructions, the book provides the knowledge and confidence needed to use herbal remedies in a safe and effective manner.

[Click to access The Lost Book Of Herbal Remedies](#)