



# The Secret Medicines of Your Kitchen: A Practical Guide

*Ellen Evert Hopman*

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Your kitchen is a place of ancient secrets and hidden treasures. The herbs, spices, and other foods that you have in your cupboards contain magical healing properties and can be used for basic first aid, or to promote wellbeing. In this practical guide, herbalist, Ellen Evert Hopman, takes you on a profound journey through the secret healing qualities of everyday foods. From apples to olive oil, bread to potatoes; you will be amazed at how easy it is to unlock the medicinal properties of commonly sourced items. Sumptuously illustrated throughout, this whirlwind tour of your kitchen apothecary is packed full of wisdom and handy tips that will benefit you and your family for years to come.



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