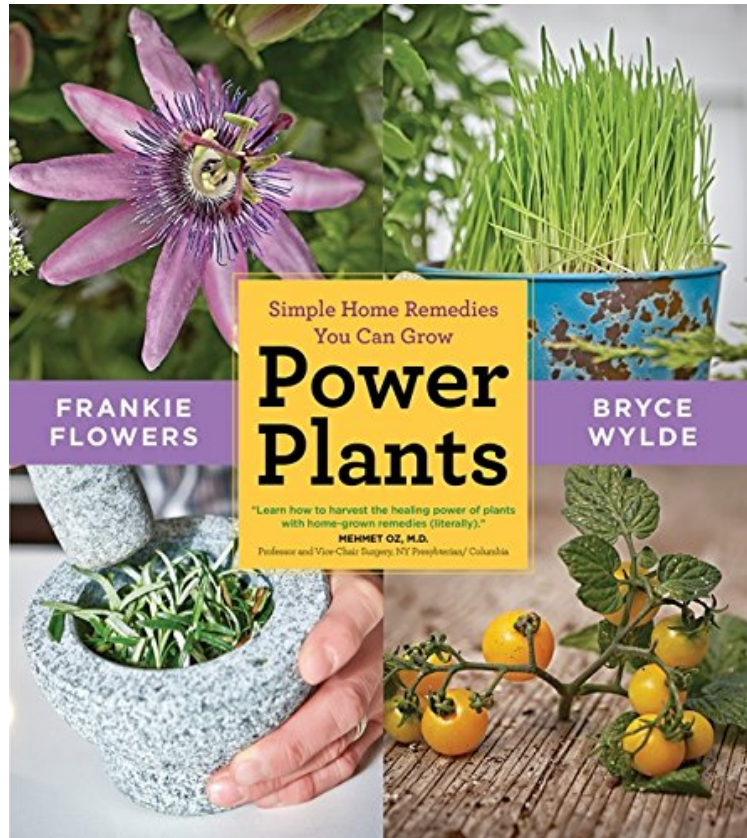


[Library ebook] Power Plants: Simple Home Remedies You Can Grow

Power Plants: Simple Home Remedies You Can Grow

Frankie Flowers, Bryce Wylde
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Frankie Flowers, Bryce Wylde : Power Plants: Simple Home Remedies You Can Grow before purchasing it in order to gage whether or not it would be worth my time, and all praised Power Plants: Simple Home Remedies You Can Grow:

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Natural remedies are natures gift to us. From alternatives to side-effect ridden prescriptions to solutions that will amplify the effectiveness of a healthy lifestyle, evolving research suggests that plants may have more power than we could ever have imagined. Now two of Canadas top authorities in their fields, gardening expert Frankie Flowers and

natural healthcare practitioner Bryce Wylde, show readers how they can harness the powerful healing of plants simply and inexpensively by stepping into their garden. Power Plants introduces you to a carefully curated list of 49 plants that can be grown in almost any garden. Frankies easy instructions lead readers from planting to harvest, where Bryce picks up with clear guidelines on how to put the plants to work fighting everything from constipation to heartburn, high blood sugar to bad breakouts. It even includes simple substitutions for those whose ailments include a thumb that is more black than green. Let Power Plants supercharge your health with a simple trip into your garden.

About the Author FRANK FERRAGINE reaches over one million Canadians each week as the gardening expert and weather specialist for BT Toronto, CityLine and City TV News, and he also writes for the Toronto Sun, Chatelaine and Todays Parent. His family business, Bradford Greenhouses, is one of Canadas largest combined greenhouse/garden businesses. He lives with his family in Bradford, Ontario. He is Canadas most followed garden expert online. SHANNON J. ROSS is the photographer behind Food to Grow and is a regular contributor to Canadian lifestyle magazines. After graduating from McGill University, he opened Shannon Ross Photography in 1999 and since then has photographed for a wide range of editorial, advertising and corporate clients. Shannon lives with his wife and their two cats in Toronto, Ontario.