



Strengthen your connection to nature while learning how to tend the plants that grow around you.

This best-selling book is available wherever books are sold.

You also get exclusive bonuses with your purchase.

[CLICK HERE TO GET YOUR BONUSES](#)

Copyright © 2020 by Rosalee de la Forêt and Emily Han

Published in the United States by: Hay House, Inc.: www.hayhouse.com® • *Published in Australia by:* Hay House Australia Pty. Ltd.: www.hayhouse.com.au • *Published in the United Kingdom by:* Hay House UK, Ltd.: www.hayhouse.co.uk • *Published in India by:* Hay House Publishers India: www.hayhouse.co.in

Cover design: Karla Baker • *Front-cover photo:* Emily Han • *Front-cover production:* Jan Bosman • *Interior design:* Julie Davison • *Indexer:* J S Editorial, LLC

All interior photos by Rosalee de la Forêt and Emily Han, except for the following:

Images used under license from Shutterstock.com: pages vii, 15, 23, 27, 36, 37, 40, 59, 69, 76–77, 128, 148–149, 175, 176, 180, 216–217, 230, 247, 248, 266, 269, 276–277, 280, 283, 284, 314, 317, 319, 322–323, 324, 329, 336, 344, 350, 351, 365, 366, 368

Ganna Tiulkina: pages viii–ix, xv, 49, 50, 51, 52, 83, 96, 107, 119, 133, 142, 154, 165, 174, 184, 200, 210, 222, 234, 246, 258, 270, 282, 296, 304, 316, 328, 338, 348, 364, 370–371, and chapter border illustrations
Ellen Hutchins, Fucus asparagoides (now Bonnemaisonia asparagoides), 1811, image courtesy of the Hutchins

Family: page x

Weymuller Photography: pages 5, 6, 11, 13, 21, 32, 48, 55, 56, 61, 401

Matt Burke: pages 88, 204, 205, 214, 262, 263

Tom Forker: page 315

All rights reserved. No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, or otherwise copied for public or private use—other than for “fair use” as brief quotations embodied in articles and reviews—without prior written permission of the publisher.

The authors of this book do not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of a physician, either directly or indirectly. The intent of the authors is only to offer information of a general nature to help you in your quest for emotional, physical, and spiritual well-being. In the event you use any of the information in this book for yourself, the authors and the publisher assume no responsibility for your actions.

**Cataloging-in-Publication Data is on file with
the Library of Congress**

Trade paperback ISBN: 978-1-4019-5688-2

E-book ISBN: 978-1-4019-5689-9

Audiobook ISBN: 978-1-4019-5867-1

10 9 8 7 6 5 4 3 2 1

1st edition, April 2020

Printed in the United States of America

HEALING DIGESTIVE TEA

Strong herbal teas are a powerful way to support digestive system healing. They are easy for your body to break down and absorb and are also a direct topical aid. This tea is carefully formulated to restore gut integrity and help heal damaged tissues. Rosalee has recommended this for people with ulcers or symptoms of intestinal permeability. To learn more about calendula and rose, download the bonus chapters at wildremediesbook.com/adventures.

One caution: this tea is slightly bitter—don't expect it to taste like a lovely afternoon beverage! If it's too bitter for you, try adding a pinch of salt or a bit of honey. A teaspoon of mint could be used in place of the fennel seeds.

Yield: 3 cups

½ cup (8 grams) finely crumbled
dried plantain leaves
½ cup (8 grams) dried calendula
flowers
¼ cup (3 grams) dried rose petals
1 tablespoon (2 grams) finely
crumbled dried mallow or
marshmallow leaves
1 teaspoon fennel seeds
3 cups water

1. Place all of the herbs in a quart jar (or quart-size tea press).
2. Bring 3 cups of water to a boil. Pour the water over the herbs, stir well, and cover. Infuse for 30 minutes.
3. Strain well and drink within 24 hours.





Millions of people are interested in natural and holistic health, yet many are missing out on the key ingredient: Nature itself!

Rekindle your connection with the earth as you craft your own herbal medicine with 75 delicious recipes and powerful healing remedies. Herbalists Rosalee de la Forêt and Emily Han expertly guide you through the benefits of 25 of the most important and commonly found wild plants—many of which you can easily grow in your own garden, if foraging isn't right for you. Detailed illustrations and beautiful photography ensure that you won't make a plant-identification misstep as you learn how to tend and properly harvest the plant medicine growing right in your own neighborhood.

After reading *Wild Remedies*, you'll never look at your backyard, a public park, or any green space in the same way again. Instead of “weeds,” you'll see delicious foods like Dandelion Maple Syrup Cake, Nettle Frittata, and Chickweed Pesto. You will revel in nature's pharmacy as you make herbal oils, salves, teas, and many more powerful remedies in your own kitchen.



Rosalee de la Forêt loves to inspire people to connect with nature and herbs in their everyday life. She is the best-selling author of the book *Alchemy of Herbs*, the education director for LearningHerbs, and a registered herbalist with the American Herbalists Guild. See more herbal inspirations at HerbsWithRosalee.com.

Emily Han's work as a naturalist, herbalist, writer, and educator focuses on intersections of nature, culture, and food. She is the author of *Wild Drinks and Cocktails*, the communications director for LearningHerbs, and co-founder of the International Food Swap Network. Emily is a Certified California Naturalist and Master Food Preserver. To learn more, visit EmilyHan.com.

HEALTH

Front-cover design: Karla Baker
Jacket design: Julie Davison
Front-cover production: Jan Bosman
Front-cover photo:
Photo of Rosalee and Emily:

US \$24.99 / \$33.99 CAN
ISBN: 978-1-4019-5803-9



5 2 4 9 9

