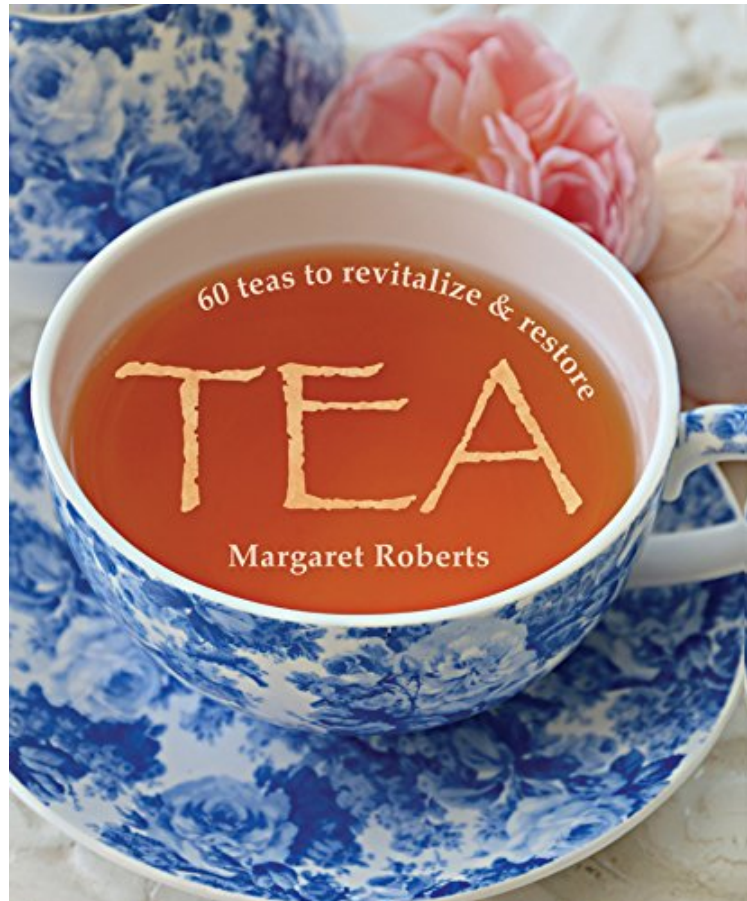


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Tea: 60 teas to revitalize restore

Margaret Roberts

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Margaret Roberts : Tea: 60 teas to revitalize restore before purchasing it in order to gage whether or not it would be worth my time, and all praised Tea: 60 teas to revitalize restore:

1 of 1 people found the following review helpful. The book is beautifully illustrated with full color photosBy Bonnie B NeelyMargaret Roberts is widely revered as the expert on natural herbs and healing plants. Now her book on teas and herbal infusions is bound to become a staple in everyone's kitchen and is a marvelous gift book! The book is beautifully illustrated with full color photos. Each double page had a photo and a good explanation of how this particular infusion tea is good for your health and what the benefits are. She explains the best way to make these infusions. You will want to try every one of these delicious teas from A (anise) to Y (yarrow). You'll love this book, especially great for winter time cozies!0 of 0 people found the following review helpful. Another New Book from the Master of the Herb GardenBy jeanetteI collect everything that Margaret writes about - I am so thrilled that she has started offering her books as ebooks now as well. I remember having her books in our house when I was still in school and how I went and made myself some Rosemary tea, on her advice, to help me study for my exams. I still use the advice in her Companion Planting book every year in the veggie garden and make my own face creams according to

her recipes. Margaret Roberts is a household name in South Africa and it is well-deserved.

Tea is one of the most widely consumed beverages in the world, second only to water. It can be drunk hot or cold, and can be made from the traditional tea plant or any number of herbs and spices, many of which have remarkable healing properties. In this beautifully designed book, herb expert Margaret Roberts explains how to make a perfect, delicious cup of tea that is also healing and refreshing. The teas are presented in alphabetical order according to their principal ingredient, the therapeutic values of which are explained. This charming, informative book is perfect for anyone interested in health, wellness, and using natural remedies to enhance their well-being.

About the Author Margaret Roberts is an herbal pioneer from South Africa. She introduced herbs and made them part of the culture over 35 years ago, and lectures extensively on herbs for health and nutrition around the globe. She is a certified physical therapist. In her quest for health, longevity and natural treatments for every ailment encompassing natural foods, natural medicines and insecticides, she has become a respected authority on this essential subject. She has inspired many around the globe to create gardens, change their ways of eating, and to use natural medicines. Miss Roberts is the author of more than 30 books, and received a Laureate Award from Pretoria University in recognition of her outstanding contributions to this field.